



You set
your own limits

Tenerife No Limits



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Tenerife No Limits

Many will think that you're crazy because you get up before dawn and run so many kilometres. Others will not understand that you're always looking for a higher mountain, a longer wave, a stronger wind... There may even be some who say you can't think of anything else, that you only have eyes for the next race. And it will all be true.

Every minute you spend not doing what you enjoy – is simply wasting time. Right now, you will be thinking about your next move on your board, or the road ahead where you will be filling your lungs with fresh air. You'll be asked why you do it a thousand times and you will answer by shrugging your shoulders, smiling, and the best answer you can give is: because I like it.

Because you like it, you forget that you've been on the water for over three hours and you're still sailing. Somehow you will find the strength to pedal harder and faster uphill.

Because you like it, you live in constant search for new experiences that make you feel alive, where every moment is unique and different from the last.

Because you like it, you won't miss the opportunity to push yourself to the limit, time and again, in a place that has everything: Tenerife.

Many are already training on the island. Chris Froome and Alexander Vinokurov on bikes. Britta Steffen in the pool. With their rackets - Ana Ivanovich and Tomas Berdych. Paul Goodison in the sea. England's Newcastle, Swansea and Everton FC's players too. And the French, German, Dutch, Italian, Swiss and Spanish national swimming teams.

What are you waiting for to get started?
Tenerife. No Limits.



10

Reasons to choose TENERIFE

1. The best place
to train is closer
than you think.

Tenerife is only a two-hour flight from mainland Spain, and around four hours from all the other major European capitals.

2. Enjoy your favourite sport
365 days a year at an
average temperature of 22°.

Forget the cold and enjoy your favourite sport to the maximum all year round.

3. Discover spectacular footpaths, pedal at altitudes of over 2,000 metres, and immerse yourself in landscapes full of contrasts.

Hiking:

Explore over 1,500 km of certified footpaths.

Cycling:

If you dream about a place where you can go from sea level to an altitude of 2,000 metres in barely 30 km, then you must be thinking of Tenerife.

Mountain bike:

Feel the fresh breeze on your face as you descend through pine forests and experience incredible landscapes.

4. Surf the best waves, dive through crystal clear waters, and sail wherever the wind may take you.

Diving:

Immerse yourself in unique underwater landscapes and marvel at over 60 immersion points around the island.

Windsurfing and kitesurfing:

El Médano has over 300 days of wind a year, and is the venue for important national and international tournaments.

Surfing, body boarding and stand-up paddling:

Discover over 32 areas for surfing. With a sea bed of sand, rock or volcanic reef, you can choose between a multitude of different types of wave, all just a few kilometres apart.

5. Discover Tenerife from the sky.

Feel like a bird as you drift in a paraglider over the island's rocky cliffs.

6. Break your own personal best in top-level sports facilities.

You'll be able to benefit from all the advantages of training both at sea level and at an altitude of 2,000 metres. Tenerife is a popular destination where numerous international swimming, tennis, triathlon and football champions, among others, come to train.

7. Compete in sporting events of all levels and types.

Each year Tenerife has more and more sporting events within reach of everyone, from beginners through to elite athletes.

8. Stay where they know how to treat you well.

Tenerife has accommodation options designed specially for athletes, where you'll find specific menus, natural diets, physiotherapy services, massage and more.

9. Tenerife, a meeting place for elite athletes.

Whether you're a professional athlete or training to enjoy your favourite sport, you'll find a wide variety of companies to offer you a full range of services.

10. Whether you're a professional athlete or not, Tenerife is the place for you.

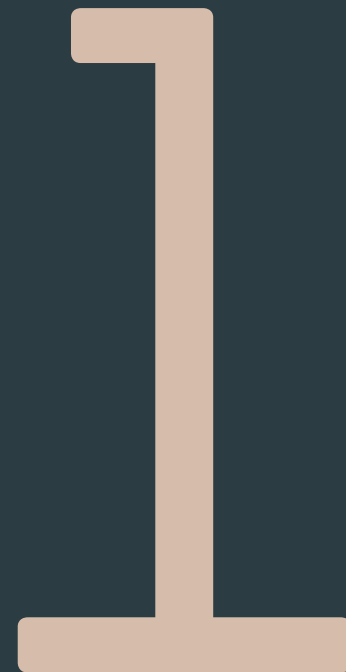
If you're a sports lover, Tenerife is your destination. The island is a meeting point for athletes from all over the world. Don't hesitate –Tenerife's waiting to welcome you!



Hiking

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■ We don't walk to get somewhere, we do it for the journey. If you put on your boots and you take the first step, it's because you're dying to close your eyes and let the fresh air fill your lungs once again. How many surprises lie before you to be discovered? Lava from the Teide flooding the landscape in impossible ways,

neverending pine forests mixing with the sea of clouds, the beauty of the rugged cliffs... but, no matter what I tell you, you won't relax until you come and feel the black sand under your own feet, see the sun's rays creeping through the laurisilva, and close your eyes and breathe in the fresh air that awaits you here.

When?

You can go hiking all year round but you must be careful when there is snow in Teide National Park as ice sheets can form.

Where?

You have over 1,000 kilometres of trails to choose from, which are either officially approved or in the process of being officially approved. The scenery full of contrasts will surprise you time and again.

The 10 most important trails:

TEIDE NATIONAL PARK



Developed route

MONTAÑA BLANCA - TEIDE SUMMIT

Technical data: (Volcanic uniqueness)

Status: Officially approved trail

Start: km 40.2 on road TF-21

Finish: Rambleta-Mirador de La Fortaleza (3,537 m)

Type of route: Linear

Duration: 5 hours 30 min.

Distance: 8.3 km

Difficulty: High

Drop: 1,350 m



Developed route

ROQUES DE GARCÍA

Technical data: (Volcanic uniqueness)

Start and finish: El Portillo Visitor's Centre

Type of route: Circular

Duration: 2 hours

Distance: 3.5 km

Difficulty: Average

(there is a section with a steep slope).

Drop: 175 m

Connections: Trails 23 and 26



Developed route

GR-131.1 PARADOR DE TURISMO - DEGOLLADA DE GUAJARA - VILAFLO

Technical data: (Volcanic uniqueness)

Start: Teide National Park Parador

Finish: Vilaflor

Type of route: Linear

Duration: 5 hours

Distance: 11.3 km

Difficulty: Average-high

Drop: 181.73 m

Connections: PR-TF 72; PR-TF 83; PR-TF 86

FOREST BELT



Developed route

PR-TF-72 VILAFLORE - PAISAJE LUNAR - VILAFLORE

Technical data: (Unique Laurel Forests)

Status: Officially approved trail
Start and finish: Vilaflore
Type of route: Circular
Duration: 5 hours

Distance: 12.9 km
Difficulty: Average-high
Drop: 777.90 m
Connections: GR TF 131; PR-TF 83



Developed route

PR-TF-35 MAMIO - PINOLERE

(This trail provides 3 options: PR-TF-35.1/PR-TF-35.2/PR-TF-35.3)
Technical data: (Unique Laurel Forests)

Status: Officially approved trail
Start: Mamio
Finish: Pinolere
Type of route: Linear
Duration: 6 hours 30 min.

Distance: 13.2 km
Difficulty: High
Drop: 1,142.96 m
Connections: GR 131



Developed route

COASTAL

MALPAÍS DE GÜÍMAR

Technical data: (Unique Coast)

Status: Officially approved trail
Start and finish: Puertito de Güímar
Type of route: Circular
Duration: 2 hours 30 min.

Distance: 6.86 km
Difficulty: Easy
Drop: 330 m
Connections: None

TENO RURAL PARK



Developed route

PR-TF-55 LOS SILOS - TALAVERA - EL PALMAR

Technical data: (Volcanic uniqueness)

Status: Officially approved trail
Start: Los Silos
Finish: El Palmar
Type of route: Linear
Duration: 4 hours

Distance: 5.03 km
Difficulty: Average
Drop: 320.73 m
Connections: PR-TF 52.2; PR-TF 56

TENO RURAL PARK



Developed route

PR-TF-43 GARACHICO - MONTAÑA CHINYERO

(This trail provides 3 options: PR-TF-43.1, PR-TF-43.2 and PR-TF-43.3)
Technical data: (Volcanic uniqueness)

Status: Officially approved trail
Start: Garachico
Finish: Chinyero mountain
Type of route: Linear
Duration: 5 hours

Distance: 17.7 km
Difficulty: Average-high
Drop: 1,680.03 m
Connections: None

ANAGA RURAL PARK



Developed route

PR-TF-8-AFUR-TAGANANA

Technical data: (Unique Laurel Forests)

Status: Officially approved trail
Start and finish: Afur
Type of route: Circular
Duration: 7 hours
Distance: 15.3 km

Difficulty: Average
Drop: 1,546.11 m
Connections: None



Developed route

PR-TF-10 CRUZ DEL CARMEN - PUNTA DEL HIDALGO

(It provides one option PR-TF-10.1)
Technical data: (Unique Laurel Forests)

Status: Officially approved trail
Start: Cruz del Carmen
Finish: Punta del Hidalgo
Type of route: Linear
Duration: 4 hours

Distance: 10.4 km
Difficulty: Average
Drop: 420.64 m
Connections: None



What do I need?

- You should be in good health to go along trails with steep slopes and take the altitude into account.
- You must have appropriate mountain equipment (boots, rucksack, water, food, etc).
- In rainy periods, you should be very careful, as the ground may be very slippery.
- Don't forget to put a raincoat in your rucksack and a cap for protection from the sun. The changes in temperature, due to the altitude, are very brusque and may surprise you.
- Take water and enough food for the duration of the hike.
- Although there are some areas where there is no coverage, it is very advisable to take a mobile phone.

What about permits?

To go up to the Teide Summit, you have to request a special permit that you can apply for on the website: www.reservasparquesnacionales.es

If you spend the night at the refuge, you can go to the summit of the Teide without requesting the permit, as long as it is before 9 in the morning. There is more information here: www.volcanoteide.com

Practical tips

Before organising the hike, check weather conditions and make sure that the trails are open.

Who can help me?

Sport and adventure companies

Anaga Atrapiés

Tel. 00 34 676 526 605
info@anagaatrapies.com
www.anagaatrapies.com

Anaga Experience

Tel. 00 34 690 369 089
info@anagaexperience.com
www.anagaexperience.com

Canarias Nature Guide

Tel. 00 34 626 404 899
info@canariasnatureguides.com
www.canariasnatureguides.com

Diga Sports

Tel. 00 34 922 793 009
info@diga-sports.de
www.diga-sports.de

El Cardón NaturExperience

Tel. 00 34 922 127 938
info@elcardon.com
www.elcardon.com

Gaiatours No Limits

Tel. 00 34 619 819 739
info@gaiatours.es
www.gaiatours.es

Teno Activo-Actividades en la Naturaleza

Tel. 00 34 618 000 972
info@tenoactivo.com
www.tenoactivo.com

Volcano Teide

Tel. 00 34 922 010 440
info@volcanoteide.com
www.volcanoteide.com

Specialist Travel Agencies

CanariasViaja.com

Tel. 00 34 922 248 161
clientes@canariasviaja.com
www.canariasviaja.com

El Cardón NaturExperience

Tel. 00 34 922 127 938
direccion@elcardon.com
www.elcardon.com

XWander

Tel. 00 34 518 880 232
info@xwander.com
www.xwander.com

The 10 most important trails:

- 1 Montaña Blanca - Teide Summit
- 2 Roques de García
- 3 GR-131.1 Parador de Turismo -Degollada de Guajara - Vilaflor
- 4 PR-TF-72 Vilaflor - Paisaje Lunar - Vilaflor
- 5 PR-TF-35 Mamio - Pinolere
- 6 Malpais de Güímar
- 7 PR-TF-55 Los Silos - Talavera - El Palmar / Los Silos - El Palmar
- 8 PR-TF-43 Garachico - Montaña Chinyero
- 9 PR-TF-8 Afur - Taganana
- 10 PR-TF-10

trails in TENERIFE

- 1 La Fortaleza
 - 2 Arenas Negras
 - 3 Roques de García
 - 4 Siete Cañadas
 - 5 Degollada de Guajara
 - 6 Montaña de los Tomillos
 - 7 Montaña Blanca - Pico del Teide (Subida al Teide)
 - 8 El Filo
 - 9 Teide - Pico Viejo - TF-38
 - 10 Ruta Telesforo Bravo (Rambleta - Pico Teide)
 - 11 Mirador de la Fortaleza
 - 12 Mirador de Pico Viejo
 - 13 Sámara
 - 14 Alto de Guamazo
 - 15 Alto de Guajara
 - 16 Sanatorio
 - 17 Igueque
 - 18 Chavao
 - 19 Majúa
 - 20 Volcán de Fasnía
 - 21 Mal Abrigo - Corral del Niño
 - 22 Parador de Turismo - Alto de Guajara - Parador de Turismo
 - 23 Los Silos - Cuevas Negras - Erjos
 - 24 PR-TF-57 - Callejón de Teno (El Palmar - Teno Alto)
 - 25 Cruz del Carmen - El Batán - Punta del Hidalgo
 - 26 Afur - Taganana
 - 27 Cruz del Carmen - La Orilla - Tegueste
 - 29 Cruz del Carmen - Llano de los Loros
 - 30 PR-TF 10 - Cruz del Carmen - Chinamada - Punta del Hidalgo
 - 31 PR TF 72 - Camino de Chasna - Paisaje Lunar (Los Escurriales)
 - 32 PR-TF-35 Mamio - Los Órganos
 - 33 Pinolere (por Camino de Candelaria)
 - 34 Ruta del Agua
 - 35 SL TF 81
 - 36 Ladera de Tigaiga
 - 37 SL TF 292 - Samarines
- 38 SL TF 294 - Los Brezos
 - 39 SL TF 294.1 - El Morallito
 - 40 SL TF 296 - La Mesa
 - 41 SL TF 296.1 - Barranco El Rincón
 - 42 SL TF 296.2 - Barranco Chacorche
 - 43 SL TF 299 - El Centeno
 - 44 PR TF 86.1
 - 45 Arguayo - Santiago del Teide
 - 46 Arona - Roque del Conde - Arona
 - 47 Camino Real (Güímar)
 - 48 Los Realejos (Maritim) - Rambla de Castro
 - 49 Urbanización Vista Paraíso - El Ancón - El Rincón
 - 50 Garachico - San Juan del Reparo - Garachico
 - 51 PR-TF 43 - San José de los Llanos - Chinyero
 - 52 Los Partidos de Franquis - Chinyero
 - 53 Santiago del Teide - Montaña Bilma - Chinyero
 - 54 Cruz de Tea - Paisaje Lunar (Los Escurriales)
 - 55 Las Vegas - Paisaje Lunar (Los Escurriales)
 - 56 Camino La Corredera
 - 57 Mar a Cumbre de Arico
 - 58 Arico Nuevo - Tamadaya - El Contador
 - 59 La Sabinita - Tamadaya
 - 61 GR 131 Gran sendero de Tenerife
 - 62 PR TF 06.2 Roque de las Bodegas-Almáciga-Benijo
 - 63 PR TF 06.1 Chamorga-Tafada-Faro de Anaga
 - 64 PR TF-12 Cruz del Carmen-Bajamar
 - 65 PR TF52 Erjos-Las Portelas
 - 66 PR TF 54 Los Silos-Las Moradas-Monte del Agua
 - 67 PR TF 55 Los Silos-Talavera-El Palmar
 - 68 PR TF 83.3 Altos de Granadilla
 - 69 PR TF 35.3 Variante Mamio-Pinolere
 - 70 PR TF-6.3 Almáciga-Chamorga-Almáciga
 - 71 Malpais de Güímar
 - 72 Viñáticos Centenarios
 - 73 Parque Nacional



COSTA DEL SILENCIO

Scuba diving

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■ You check that all of the equipment is ready and you get into the water. You begin diving and, after a few metres, you are surrounded by sea turtles and manta rays. There is a lot of light in the water. You swim a little more and you see Atlantic big eyes, sea bream and African striped grunts. You keep descending and you can see everything very clearly. You know that you will soon have to go back to the surface - but, meanwhile, **you enjoy the marvellous spectacles below.**

Where?

There are over 60 dive sites available to you, spread out all along the coast.

When?

You can dive at any time of year with visibility from 10 to 30 metres. Although diving conditions may vary, the water temperature is constant and always somewhere between 19 °C and 26 °C.

The 10 best dives sites

The Cathedral

Municipality: Puerto de la Cruz
Place: Puerto de la Cruz
Max. depth: 40 m
Average depth: 35 m
Dive time: 30 min.
Access: By boat
Current: Moderate
Difficulty: Intermediate
Qualifications: FEDAS***/
C.M.A.S, PADI M.S.D., ACUC
Dive-master, Ssil Master-dive,
BSAC S.D.

Marine life: There are lots of parrotfish, Mediterranean rainbow wrasses, ornate wrasses, moray eels, big eyes, arrow crabs and, just under the surface, you will find sea bream, lesser amberjacks and Mediterranean horse mackerel. On the sandy seabed, there is a colony of yellow and red sea whips.

Las Ancclas

Municipality: Garachico
Place: Between the sunken jetty and Roque
Max. depth: 26 m
Average depth: 20 m
Dive time: 50 min.
Access: By boat
Current: Moderate
Difficulty: Intermediate
Qualifications: FEDAS**/
C.M.A.S, PADI A.O.W., ACUC A.O.W., SSI A.O.W., BSAC S.D.

Marine life: You will find groups of sea bream, Canary damsels, triggerfish, barred hogfish, black seabreams, redbanded seabreams and island groupers. Amongst the rocks live moray eels, catalufas and mantas.

Los Realejos

Municipality: Los Realejos
Place: El Guindaste
Max. depth: 45 m
Average depth: 30 m
Dive time: 30 min.
Access: By boat
Current: Strong
Difficulty: Advanced
Qualifications: FEDAS***/
C.M.A.S, PADI M.S.D., ACUC Dive-master, Ssil Master-dive, BSAC S.D.

Marine life: The drop serves as a refuge for small fish such as boops boops, mackerel and sardines. These attract large predators such as lesser amberjacks, bicudas and groupers. Among the rocks, you will find African striped grunts, catalufas, moray eels, sea bass and barred hogfish.

Barranco Seco

Municipality: Santiago del Teide
Place: Los Gigantes cliffs
Max. depth: 25 m
Average depth: 20 m
Dive time: 40 min.
Access: By boat
Current: Weak
Difficulty: Easy
Qualifications: FEDAS*/
C.M.A.S, PADI A.O.W., ACUC A.O.W., SSI A.O.W., BSAC S.D.

Marine life: In the summer, there are lots of round stingrays, brown garden eels and Atlantic angel sharks. In the caves, there are small red scorpion fish, prawns, moray eels, catalufas, schools of bastard grunts, African striped grunts, trumpetfish and sargos.

Atlantis

Municipality: Santiago del Teide
Place: Los Gigantes cliffs
Max. depth: 25 m
Average depth: 20 m
Dive time: 40 min.
Access: By boat
Current: Moderate
Difficulty: Medium
Qualifications: FEDAS*/
C.M.A.S, PADI A.O.W., ACUC A.O.W., SSI A.O.W., BSAC S.D.

Marine life: In the large basalt rock in the shape of a prism, you can see moray eels, lobsters and big eyes. Near the rocks live sea bream, Canarian drums, schools of bastard grunts, red mullets and trumpetfish. On the sandy seabed, there are yellow sea-whips.

Punta Blanca

Municipality: Guía de Isora
Place: Alcalá
Max. depth: 30 m
Average depth: 25 m
Dive time: 35 min.
Access: By boat
Current: Moderate
Difficulty: Medium
Qualifications: FEDAS**/
C.M.A.S, PADI A.O.W., ACUC A.O.W., SSI A.O.W., BSAC S.D.

Marine life: There are big schools of different species of fish. On ledges and in little caves, you will see large groups of African striped grunts. Near loose rocks, there live grunts, and you can find large schools of salema porgy in midwater.



Las Morenas Cave

Municipality: Arona
Location: Los Cristianos
Max. depth: 30 m
Average depth: 20 m
Dive time: 45 min.
Access: By boat
Current: Weak
Difficulty: Intermediate
Certifications: Fedas**/CMAS, PADI AOWD, SSI AOWD, ACUC AOWD

Life form: A popular dive in the south of Tenerife where we can observe three different types of moray eels: brown moray eel, muraena augusti and fangtooth moray. Hundreds of garden eels poke their heads up through the sand. We can also see trumpetfish, parrotfish, breams, puffers and sharpnose puffers. Stingrays and angelsharks delight divers. At a depth of 30 metres, resting on the sand, we can find a large stone statue, Our Lady of Carmen, placed by local fishermen in honour of the sea.

Round stingrays

Municipality: Arona
Place: Las Galletas
Max. depth: 25 m
Average depth: 20 m
Dive time: 50 min.
Access: By boat
Current: Scarce
Difficulty: Low
Qualifications: FEDAS**/ C.M.A.S, PADI A.O.W., ACUC A.O.W., SSI A.O.W., BSAC S.D.

Marine life: In this area, you will find large schools of different species of fish, which share their space with rays, including black rays, turtles, barracudas, shoals of sea bream, bastard grunts and salema porgies. Around ledges and in little caves, there are large groups of African striped grunts. Near loose rocks, you will see shoals of grunts, and you might see a large shoal of salema porgy in midwater.

Montaña Amarilla

Municipality: Arona
Place: Ten Bel
Max. depth: 25 m
Average depth: 20 m
Dive time: 40 min.
Access: By boat
Current: Scarce
Difficulty: Low
Qualifications: FEDAS**/ C.M.A.S, PADI A.O.W., ACUC A.O.W., SSI A.O.W., BSAC S.D.

Marine life: In sandy areas, you can see cuttlefish, lizardfish, greater weavers, wide-eyed flounders, bull rays and eels, including garden eels. Moray eels, lobsters and crabs, including arrow crabs, hide amongst the rocks. In the surrounding areas, there are trumpetfish, parrotfish, Canary damsels, ornate wrasses, sea bream and schools of bastard grunts. For this reason, lesser amberjacks often come close when hunting.

The port harbour, the cave and the pier

Municipality: El Rosario.
Place: Radazul.
Max. depth: Harbour 20 m, cave 50 m, pier 40 m
Average depth: Harbour 15 m, cave 40 m, pier 30 m
Dive time: Harbour 60 min., cave 20 min., pier 30 min.
Access: By boat.
Current: Harbour none, cave strong, pier strong.
Difficulty: Harbour - low, cave - high, pier - high.
Qualifications: Harbour FEDAS*/ C.M.A.S, PADI A.O.W., ACUC A.O.W., SSI A.O.W., BSAC S.D.
Cave FEDAS***/ C.M.A.S, PADI

M.S.D., ACUC Dive-master, Ssil Master-dive, BSAC S.D. Pier FEDAS**/ C.M.A.S, PADI M.S.D., ACUC Dive-master, Ssil Master-dive, BSAC S.D.

Marine life: Amongst the breakwater blocks, you will see parrotfish, trumpetfish and big eyes. Around them there are schools and small fish looking for shelter. There are also barracudas, manta rays, lesser amberjacks and pollocks that come to feed in the area.





Dive between sunken ships

THE WRECKS

■ The rusty iron of the sunken ships hides thousands of stories. Don't forget to take your camera because, in each little nook and cranny, there is a huge diversity of species to surprise you.

Tabaiba shipwreck

Municipality: Rosario
Place: Tabaiba baja
Max. depth: 30 m
Average depth: 20 m
Dive time: 40 min.
Access: By boat
Current: Moderate
Difficulty: Medium
Qualifications: FEDAS*/
C.M.A.S, PADI
A.O.W., ACUC A.O.W., SSI
A.O.W., BSAC S.D.

Marine life: The shipwreck is in perfect condition and you can find large schools of sardines and mackerel around it. Amongst the breakwater blocks, there are usually parrotfish, trumpetfish, big eyes and little fish looking for shelter. There are also barracudas, rays, lesser amberjacks and pollocks that come to feed.

Puerto Colón – Los Gemelos shipwreck

Municipality: Adeje
Place: Puerto Colón
Max. depth: 20 m
Average depth: 18 m
Dive time: 35 min.
Access: By boat
Current: Little or none
Difficulty: Low
Qualifications: FEDAS*/
C.M.A.S, PADI A.O.W.,
ACUC A.O.W., SSI A.O.W.,
BSAC S.D.

Marine life: It is normal to see round stingrays resting under shipwrecks. Around them, you can find great schools of bastard grunts and boops boops, which attract lesser amberjacks that come to hunt in the area. You can also find lizardfish, anemones and bearded fireworms, amongst others.

El Meridian shipwreck

Municipality: Arona
Location: El Palm-mar
Max. depth: 30 m
Average depth: 27 m
Dive time: 35 min.
Access: By boat
Current: Moderate
Difficulty: Intermediate
Certifications: Fedas**/CMAS,
PADI AOWD, SSI AOWD, ACUC
AOWD

Life form: The wreck is lying in sailing position on the sandy seabed and provides shelter to underwater life: trumpetfish, parrotfish, ornate wrasse, Canary damsels, anemones, etc. It's also easy to spot schools of boops boops, horse mackerels and lesser amberjacks swimming around the ship, and stingrays and angelsharks on the sand.

El Condesito shipwreck

Municipality: Arona
Place: El Palm-Mar
Max. depth: 20 m
Average depth: 15 m
Dive time: 50 min.
Access: By boat
Current: Weak
Difficulty: Low
Qualifications: FEDAS*/
C.M.A.S, PADI A.O.W.,
ACUC A.O.W., SSI A.O.W.,
BSAC S.D.

Marine life: The boat is used as a shelter by many animals: amongst it rusty iron, there are small red scorpionfish, lizardfish, trumpetfish, big eyes, sea bream and bearded fireworms. There are usually schools of boops boops that attract lesser amberjacks and bicudas. On the sandy seabed, there are round stingrays and wide-eyed flounders.

What do I need?

- You need a full diving kit, which you can get at any of the centres that specialise in this activity.
- Don't forget to use sun cream.
- If you are going diving on your own, you will need the appropriate qualification, licence, a certificate and health insurance.

What about permits?

- You won't need licences if you are diving with an authorised diving centre; they apply for them.
- A trial dive is a good way of seeing whether you like the activity. If you discover that it's the thing for you, you can do a diving course to get your certificate.
- If you already know how to dive and want to do it on your own, you need your certificate to show that you have taken the courses.

Note: Trial dives are offered by authorised diving clubs and centres. They must be supervised by qualified personnel with a group guide certificate.

Practical tips

- You must always be accompanied when you go diving.
- Do not go to centres that are not duly legalised.
- Safety comes before everything else.
- Before doing any dives always check the weather conditions.
- Take your own diving skills and real current conditions into account.
- You should adapt your dive to suit your experience and your qualification.
- You must have a current federation licence or insurance that guarantees:
 - Aid in a diving chamber.
 - Ocean and underwater rescue, including by helicopter.
 - Civil responsibility insurance.

If you require more information or any kind of advice, you can contact the Canary Islands Federation of Underwater Activities (FEDECAS).

Who can help?

Sport and adventure companies

Ocean Friends Diving
Tel. 00 34 659 354 984
info@oceanfriendsdiving.com
www.oceanfriendsdiving.com

Sa Caleta Tenerife
Tel. 00 34 922 789 797
info@sacaletatenerife.com
www.sacaletatenerife.com

Specialist Travel Agencies

CanariasViaja.com
Tel. 00 34 922 248 161
clientes@canariasviaja.com
www.canariasviaja.com

El Cardón NaturExperience
Tel. 00 34 922 127 938
direccion@elcardon.com
www.elcardon.com

XWander
Tel. 00 34 518 880 232
info@xwander.com
www.xwander.com

List of dive sites and their difficulty level

Carbonero	Atlántida
Antequera	Rover Reef
Bajos Verdes	Baja de Masca
Roque Tierra	Punta Blanca
Baja Palometa	Los Picos
Playa la Ocadilla	Cueva Cerebros
Las Salvajes	El Acuario
Punta Filo Cuchillo	Paraíso floral
La Barranquera	Cueva de las Morenas
Punta Viento	Roncadores
Baja Pris	Condesito
Bajón Mesa	Cueva Ali Babá
Veril Piscina	Cruz de San Miguel
Catedral	Falla Claude
Baja del Limón	Cueva Tiburones
Las Chimeneas	Las Rosas
Baja Los Realejos	La Arenita
La Chatarra	Punta la Luna
La Coronela	Los Champiñones
Guincho	Los Arcos
El Muelle	Montaña Amarilla
Las Ancclas	Puerto Armeñime
La Catedral	Los Roncadores
El Roque	Muellito
La Burrera	Las Eras
El Tonelero	Punta Prieta
La Azucarera	Puertito
El Cable	Pecos
Diente Ajo	Ensenada Puerto
Los Roncadores	La Cueva
El Muellito	La Escollera
Barranco Seco	La Cueva

The best 10 dives sites

- 1 La Catedral
- 2 Los Realejos
- 3 Las Ancclas
- 4 Barranco Seco
- 5 La Atlántida
- 6 Punta Blanca
- 7 Cueva de Las Morenas
- 8 Los Chuchos
- 9 Montaña Amarilla
- 10 La Ensenada del Puerto, La Cueva y La Escollera

THE WRECKS

- 1 Pecio de Tabaiba
- 2 Pecio el Condesito
- 3 Pecio el Meridian
- 4 Pecio Pto. Colón - Los Gemelos

Icons

- Tourist office
- Airport
- Dive site - beginners
- Dive site - intermediate
- Dive site - experienced
- Marina
- Fishing



Map



Cycling

Tenerife No Limits

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3

Routes on the island



Developed route

ROUTE 1

Garachico – Erjos – Santiago del Teide – Masca – Buenavista – Garachico

Start: Garachico TF-421
Finish: Garachico TF-42
Distance: 54 km
Accumulated ascent: 1,589 m
Average drop: 6%

Maximum altitude: 1,107 m
Average speed: 18 km/h
Estimated time: 3 hours
Level of difficulty: High



Developed route

ROUTE 2

La Orotava – Parque Nacional del Teide – La Esperanza – La Laguna – El Sauzal por Los Angeles – La Matanza – Santa Úrsula – La Orotava

Start: La Orotava Rotonda TF-21 with TF-324
Finish: TF-21 entrance to La Orotava
Distance: 98 km
Accumulated ascent: 2,727 m

Average drop: 5.4%
Maximum altitude: 2,302 m
Average speed: 19 km/h
Estimated time: 5 hours
Level of difficulty: High



Developed route

ROUTE 3

Santa Cruz – Bailadero – Pico del Inglés – Las Mercedes – La Cuesta – Santa Cruz

Start: Santa Cruz TF-11
Finish: Santa Cruz Plaza de España
Distance: 52 km
Accumulated ascent: 1,235 m
Average drop: 4.9%

Maximum altitude: 998 m
Average speed: 20 km/h
Estimated time: 2 hours 5 min.
Level of difficulty: Intermediate

■ Breathe. Tighten up a little more. Turn up the speed. Let's go! You only have to worry about you, your ride, and when you'll want to stop to look at some new incredible scenery. You have lots of routes to choose from, at all levels of difficulty.

You can cycle at sea-level or at an altitude of over 2,000 metres, and you'll always have any service you need very close by. That's why the best cyclists in the world have already chosen Tenerife for training. **When are you coming?**



Developed route

ROUTE 4

Buenavista – Punta del Hidalgo

Start: Buenavista TF-42
Finish: Punta del Hidalgo TF-13
Distance: 75 km
Accumulated ascent: 1,786 m
Average drop: 3.9%

Maximum altitude: 1,477 m
Average speed: 22 km/h
Estimated time: 3 hours 25 min.
Level of difficulty: Intermediate



Developed route

ROUTE 5

High South: Costa Adeje – Rear of Los Cristianos – Carretera General del Sur – La Camella – Granadilla – Vilaflor – Arona – Rear of Los Cristianos – Costa Adeje

Start: Costa Adeje
Finish: Costa Adeje
Distance: 62 km
Accumulated ascent: 2,332 m
Average drop: 5.8%

Maximum altitude: 1,380 m
Average speed: 20 km/h
Estimated time: 3 hours 5 min.
Level of difficulty: Intermediate



Developed route

ROUTE 6

Low South: Costa Adeje – Rear of Los Cristianos – Las Galletas – El Médano – San Isidro – Granadilla – Carretera General del Sur – Los Cristianos – Costa Adeje

Start: Costa Adeje
Finish: Costa Adeje
Distance: 70 km
Accumulated ascent: 1,368 m
Average drop: 4.4%

Maximum altitude: 703 m
Average speed: 22 km/h
Estimated time: 3 hours 10 min.
Level of difficulty: Easy



Developed route

ROUTE 7

Costa Adeje – Guía de Isora – Chío – Teide National Park – Boca Tauce – Vilaflor – Granadilla – San Miguel – La Camella – Rear of Los Cristianos – Costa Adeje

Start: Costa Adeje
Finish: Costa Adeje
Distance: 101 km
Accumulated ascent: 3,841 m
Average drop: 5.8%

Maximum altitude: 2,360 m
Average speed: 20 km/h
Estimated time: 5 hours
Level of difficulty: High



Developed route

ROUTE 8

Costa Adeje – Rear of Los Cristianos – Carretera General del Sur – Arafo – Dorsal de la Esperanza – Teide National Park– Vilaflor – Arona – Rear of Los Cristianos – Costa Adeje

Start: Costa Adeje
Finish: Costa Adeje
Distance: 162 km
Accumulated ascent: 3,950 m
Average drop: 4.5%
Maximum altitude: 2,364 m

Average speed: 19 km/h
Estimated time: 8 hours 30 min.
Level of difficulty: Very High



When?

The favourable weather conditions mean that you can cycle all year round. We have an average temperature of 22 degrees 365 days a year.

Where?

All over the island. You have an extensive road network available to you, up to an altitude of 2,000 metres. Whether you're just starting or whether you're a professional, you have lots of options for routes and services to suit all your needs.

What do I need?

- A bicycle.
- You have a wide range of specialised shops available to you to provide you with the service you need.
- You can make use of technical services and road-side assistance.
- Don't skimp on any possible safety measure and, especially, wear your helmet.

What about permits?

A licence is needed for groups of over 50 cyclists. You can apply for it at the roads department of the Tenerife Cabildo or through the Island Cycling Federation.

Practical tips

- Don't forget to take a coat and raincoat. Remember that the island has micro climates and the weather can change rapidly, especially in high areas.
- Check the weather report before leaving.
- Be extremely careful on the road, especially in urban areas with a lot of traffic.
- When you are travelling alone be sure to alert your hotel reception and leave a mobile phone number so there is a record of when and where you are going.
- Use your helmet - it is compulsory, and essential for your safety.



Who can help me?

Sport and adventure companies

Bike Experience Tenerife*

Tel. 00 34 922 088 188
info@bikeexperiencetenerife.com
www.bikeexperiencetenerife.com

Bike Point Tenerife*

Tel. 00 34 922 176 273
info@bikepointtenerife.com
www.bikepointtenerife.com

Diga Sports*

Tel. 00 34 922 793 009
info@diga-sports.de
www.diga-sports.de

EC Rider, Electric Cycles Tenerife

Tel. 00 34 676 517 273
info@ecrider.es
www.ecrider.es

Free Motion*

Tel. 00 34 922 168 499
contact@free-motion.com
www.free-motion.com

Fun Bike Adventures*

Tel. 00 34 626 342 741
info@funbikeadventures.com
www.funbikeadventures.com

Tenerife Bike Training*

Tel. 00 34 653 395 775
info@tenerifebiketraining.com
www.tenerifebiketraining.com

Teno Activo-Actividades en la Naturaleza

Tel. 00 34 618 000 972
info@tenoactivo.com
www.tenoactivo.com

Specialist Travel Agencies

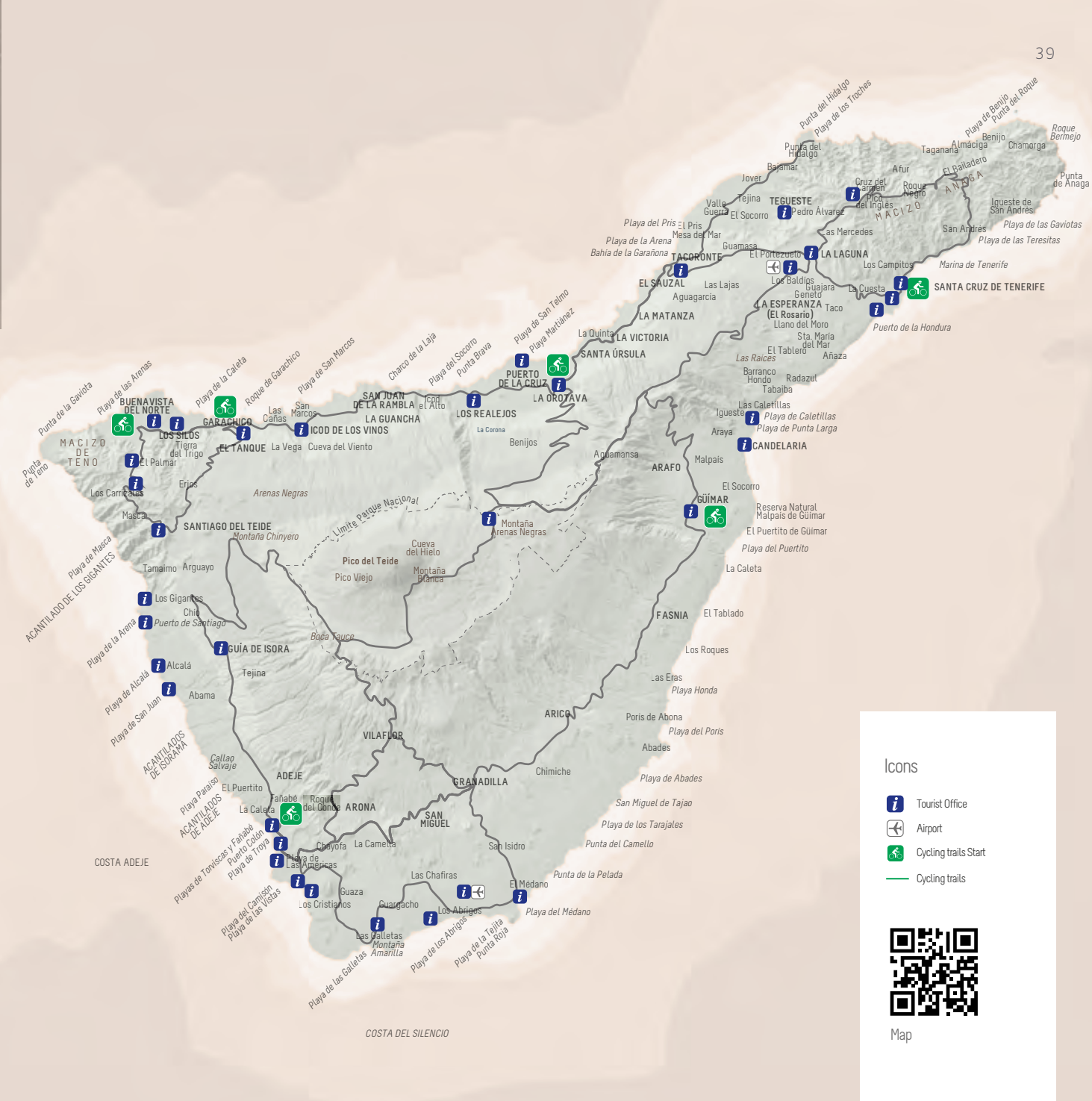
CanariasViaja.com

Tel. 00 34 922 248 161
clientes@canariasviaja.com
www.canariasviaja.com

El Cardón NaturExperience

Tel. 00 34 922 127 938
direccion@elcardon.com
www.elcardon.com

* They also rent and repair bicycles.



Mountain biking

Tenerife No Limits

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4

■ You cycle more and more. You feel the fresh air on your face and you see how the trees go by faster and faster. You are in the Forest Ring on an impressive descent through never-ending pine forests. You skid on a closed bend and keep going down. You stop a moment and look at the impressive scenery. You keep going! **You still have 20 kilometres more to go.**

When?

The favourable weather conditions mean that you can cycle all year round. We have an average temperature of 22 degrees 365 days a year.

Where?

There are over 200 kilometres of forest tracks available to you. Most of them run through the high part of the island, above all in the Forest Ring. The network of tracks connects a large part of the North with the Tacoronte area and the South, allowing you to start and finish in places with services and, in many cases, with public transport and car parks.

What do I need?

- A bicycle.
- You have a wide range of specialist shops available to you to provide you with the service you need.
- You can make use of technical services and road-side assistance.
- Don't skimp on any possible safety measure and, above all, wear your helmet.

ROUTES

■ The network of tracks is made up of four main routes, each of them with diverse variants and alternative routes that you can combine as you want. You have the possibility of designing tailored routes according to difficulty, kilometers and the type of scenery you want to see.



Developed route

BC-1: North Route

It has a total of 84.035 km on its main route and 52.35 km of alternative routes and variants. It is the longest route on the island. You will go all along the northern face, connecting with the main infrastructures for public use in the natural forest spaces. This route has a total of 12 derived routes or variants:

- BC -1.1: Lomo de la Jara

BC -1.2: Las Calderetas

BC -1.3: La Vica

BC -1.4: Las Lagunetas

BC -1.5: Hoya de Abajo
- BC -1.6: Ramón Caminero - Chimoche - La Caldera

BC -1.7: Benijos

BC -1.8: Ramón Caminero - R. Machado - Chanajiga
- BC -1.9: La Tahona

BC -1.10: Fuente Pedro

BC -1.11: Las Hayas

BC -1.12: Arenas Negras



Developed route

BC-2: Las Raíces – Las Lagunetas Route

It is a short route over a distance of 6.53 km. It is entirely within the protected scenery of Las Lagunetas and connects with Las Raíces. It has a 3.60 km alternative route that links to the La Esperanza campsite:

BC-2.1: La Esperanza campsite.



Developed route

BC-3: Guía de Isora Route

It is 9.32 km long and it is in the North-east of the island, in the Corona Forestal. It runs along part of the forest tracks in Fife and El Canal, between two points on the island road TF-38. You can enjoy the Chio pine forests, between the towns of Santiago del Teide and Guía de Isora.



Hans- Joachim Kleine - MTB-Active.com



Developed route

BC-4: South Route

It is 42.29 km long, but you can also opt for the 38.83 km of alternative routes and variants. The route runs through a large part of the southern summit of the island and scenery full of extensive natural pine forests. This route has 5 derived routes:

- BC -4.1: Agua Agria

BC -4.2: Las Vegas
- BC -4.3: Cruz de Tea

BC -4.4: Madre del Agua
- BC -4.5: El Contador

	Code	Name	km	%		Code	Name	km	%
Km per Route	BC-1	North	84.035 km	35.46%		BC-2	Las Raíces	6.531 km	2.76%
	BC-1.1	Lomo de la Jara	1.985 km	0.84%		BC-2.1	La Esperanza campsite	3.601 km	1.52%
	BC-1.2	Las Calderetas	1.007 km	0.42%					
	BC-1.3	La Vica	1.811 km	0.76%		BC-3	Guía de Isora	9.323 km	3.93%
	BC-1.4	Las Lagunetas	5.714 km	2.41%					
	BC-1.5	Hoya de Abajo	1.663 km	0.70%		BC-4	South	42.291 km	17.85%
	BC-1.6	Ramón Caminero - La Caldera	7.965 km	3.36%		BC-4.1	Agua Agria	8.887 km	3.75%
	BC-1.7	Benijos	4.359 km	1.84%		BC-4.2	Las Vegas	8.558 km	3.61%
	BC-1.8	Ramón Caminero - Chanajiga	7.428 km	3.13%		BC-4.3	Cruz de Tea	5.440 km	2.30%
	BC-1.9	La Tahona	6.395 km	2.70%		BC-4.4	Madre del Agua	0.290 km	0.12%
	BC-1.10	Fuente Pedro	0.560 km	0.24%		BC-4.5	El Contador	15.657 km	6.61%
	BC-1.11	Las Hayas	4.539 km	1.92%					
	BC-1.12	Arenas Negras	8.922 km	3.77%					

Hans- Joachim Kleine - MTB-Active.com



What about permits?

- Only if you are going to cycle on tracks that go through protected areas.
- It's best to get all the information you can before choosing any route.

Practical tips

- Don't forget to take a coat and raincoat. Remember that the island has microclimates and the weather can change rapidly, especially in high areas.
- Check the weather report before leaving.
- Be extremely careful on the road, especially in urban areas with a lot of traffic.
- When you are travelling alone, be sure to alert your hotel reception and leave a mobile phone number so there is a record of when and where you are going.
- Use your helmet - it is compulsory, and essential for your safety.

Who can help me?

Sport and adventure companies

Bike Experience Tenerife
Tel. 00 34 922 088 188
info@bikeexperiencetenerife.com
www.bikeexperiencetenerife.com

Bike Point Tenerife*
Tel. 00 34 922 176 273
info@bikepointtenerife.com
www.bikepointtenerife.com

Canarias Nature Guide
Tel. 00 34 626 404 899
info@canariasnatureguides.com
www.canariasnatureguides.com

Diga Sports*
Tel. 00 34 922 793 009
info@diga-sports.de
www.diga-sports.de

EC Rider, Electric Cycles Tenerife*
Tel. 00 34 676 517 273
info@ecrider.es
www.ecrider.es

El Cardón Naturexperience
Tel. 00 34 922 127 938
info@elcardon.com
www.elcardon.com

Free Motion*
Tel. 00 34 922 168 499
contact@free-motion.com
www.free-motion.com

Fun Bike Adventures*
Tel. 00 34 626 342 741
info@funbikeadventures.com
www.funbikeadventures.com

Sports Club Tenerife
Tel. 00 34 922 787 245
info@sctenerife.es
www.sctenerife.es

Tenerife Bike Training*
Tel. 00 34 653 395 775
info@tenerifebiketraining.com
www.tenerifebiketraining.com

Tenerife Rent a Bike
Tel. 00 34 606 348 554
teneriferentabike@gmail.com
www.teneriferentabike.es

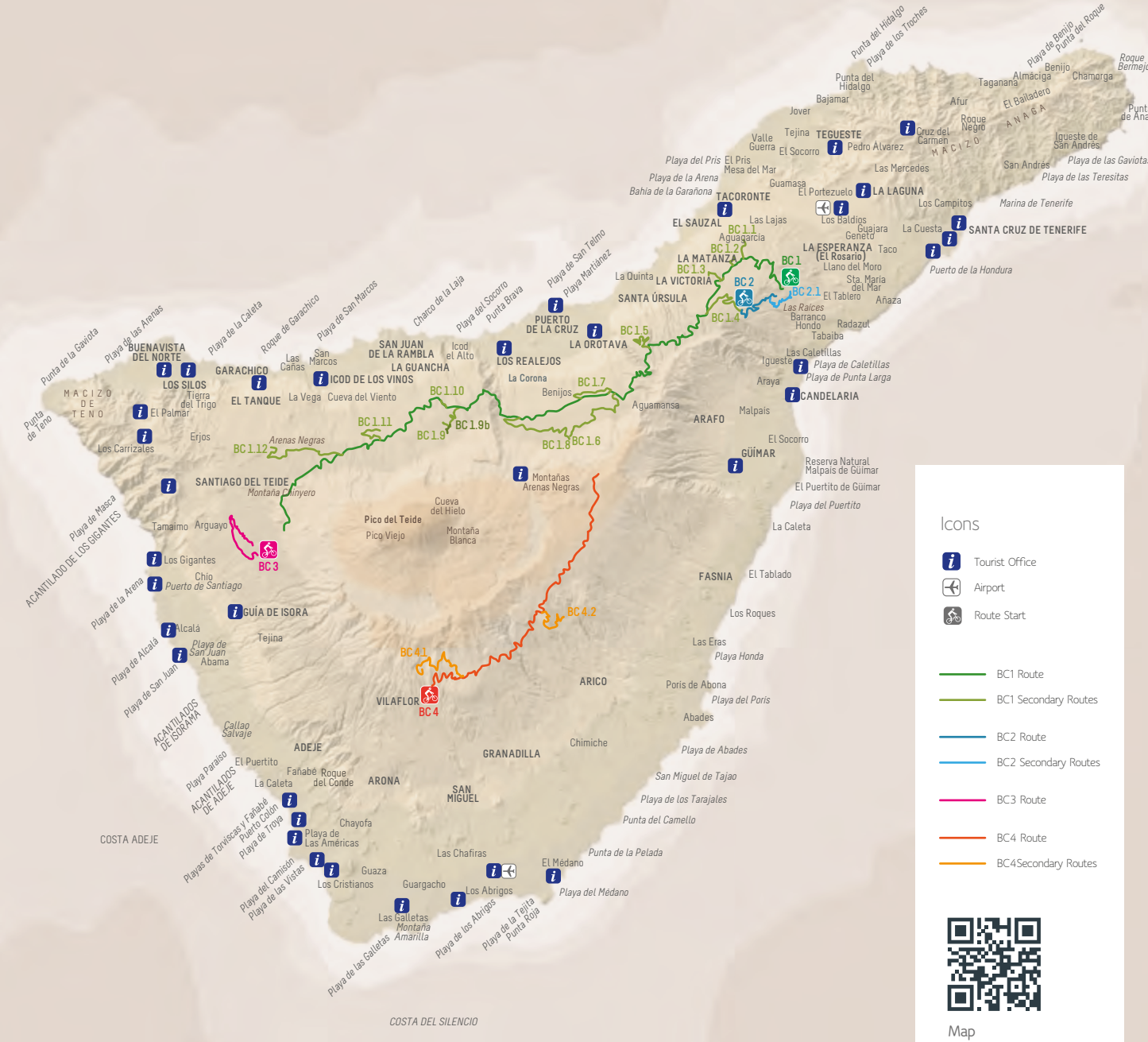
Teno Activo-Actividades en la Naturaleza
Tel. 00 34 618 000 972
info@tenoactivo.com
www.tenoactivo.com

Specialist Travel Agencies

CanariasViaja.com
Tel. 00 34 922 248 161
clientes@canariasviaja.com
www.canariasviaja.com

El Cardón NaturExperience
Tel. 00 34 922 127 938
direccion@elcardon.com
www.elcardon.com

XWander
Tel. 00 34 518 880 232
info@xwander.com
www.xwander.com



Surfing Bodyboarding

Tenerife No Limits

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5

■ It's true what they say. In Tenerife you have swell every ten minutes. If you don't like one wave – then go for the next one. You can choose the seabed - from sand, to stone, to volcanic reef... There's a really good vibe in the water. And you can surf all year round! Forget your dry suit, because here - the water's always warm.

When?

Tenerife is the perfect island for surfing. You've lots of spots where you can surf all year round.

Thanks to low Atlantic pressure during the winter (October - April) and the influence of the trade winds with the arrival of summer (May - September), it is the ideal place for all kinds of surfing.

The waves break over different types of seabeds: rocks, rocks and sand, sand and volcanic reef.

Waves over sand and rocks are usually more accessible breakers, best for beginners and intermediate surfers. Volcanic reefs are more difficult so they are more appropriate for expert surfers.

The water temperature varies between 19 degrees centigrade in winter and 26 degrees centigrade in summer.

Where?

The strongest waves break in the northern and north-western areas of the island.

The south and south-east have less intense waves. Nonetheless, the force of the sea varies depending on the time of year.



Technical
information
for the waves

12 waves

Almáciga

Municipality: Santa Cruz
Services: bars / restaurants
Optimal sea direction: N, NE, NW, WNW
Wave direction: right and left
Characteristics: tube and with wall
Optimal wind direction: S, SE and SW
Seabed: sand
Optimal tide: high tide and half tide
Optimal season: all year round
Technical level: beginner, intermediate and expert

El Socorro

Municipality: Los Realejos
Services: toilets / showers / bars / restaurants
Optimal sea direction: N, NW, WNW and NE
Wave direction: right and left
Characteristics: tube and with wall
Optimal wind direction: S, SE and SW
Seabed: pebbles and sand
Optimal tide: high tide and half tide
Optimal season: all year round
Technical level: intermediate and expert

Punta del Hidalgo

Municipality: La Laguna
Services: bars / restaurants
Optimal sea direction: N, NW, WNW and W
Wave direction: left
Characteristics: tube and with wall
Optimal wind direction: S, SE, SW and NE
Seabed: pebbles
Optimal tide: low tide and half tide
Optimal season: autumn, winter and spring
Technical level: beginner and intermediate

La Caleta de Interián

Municipality: Los Silos
Services: bars / restaurants
Optimal sea direction: NW, WNW and W
Wave direction: right and left
Characteristics: tube and with wall
Optimal wind direction: S, SE and SW
Seabed: pebble and rock
Optimal tide: low tide and half tide
Optimal season: autumn, winter and spring
Technical level: intermediate and expert

Martíáñez

Municipality: El Puerto de la Cruz
Services: bars / restaurants
Optimal sea direction: N, NW and NE
Wave direction: right
Characteristics: mild
Optimal wind direction: S, SE and SW
Seabed: pebbles and sand
Optimal tide: high tide and half tide
Optimal season: autumn, winter and spring
Technical level: beginner and intermediate

Las Conchas

Municipality: Santiago del Teide
Services: life guard / toilets / showers / bars / restaurants
Optimal sea direction: NW, WNW and W
Wave direction: right
Characteristics: tube and with wall
Optimal wind direction: N, NE, E and SE
Seabed: volcanic reef
Optimal tide: high tide and half tide
Optimal season: autumn, winter and spring
Technical level: intermediate and expert



Punta Blanca

Municipality: Guía de Isora
Services: none
Optimal sea direction: NW, WNW and W
Wave direction: short right and left
Characteristics: tube and with wall

Optimal wind direction: N, NE, E and SE
Seabed: volcanic reef
Optimal tide: low tide and half tide
Optimal season: autumn, winter and spring
Technical level: intermediate and expert

La Machacona

Municipality: Granadilla
Services: none
Optimal sea direction: WSW, SW and S
Wave direction: right and left
Characteristics: tube and with wall

Optimal wind direction: N, NE and E
Seabed: volcanic reef
Optimal tide: low tide and half tide
Optimal season: summer
Technical level: intermediate and expert



La Caleta

Municipality: Adeje
Services: bars / restaurants
Optimal sea direction: S, SW and WSW
Wave direction: right and left
Characteristics: tube and with wall

Optimal wind direction: N, NE, E and SE
Seabed: volcanic reef
Optimal tide: low tide and half tide
Optimal season: summer
Technical level: intermediate and expert

Playa del Faro (El Porís)

Municipality: Arico
Services: none
Optimal sea direction: N and NE
Wave direction: right and left
Characteristics: tube and with wall

Optimal wind direction: W, WSW, SW
Seabed: sand
Optimal tide: low tide and half tide
Optimal season: all year round
Technical level: beginner

La Derecha del Conquistador

Municipality: Arona
Services: bars / restaurants
Optimal sea direction: NW, WNW and W
Wave direction: right with a short radical left
Characteristics: tube and with wall

Optimal wind direction: N, NE, E and SE
Seabed: volcanic reef
Optimal tide: low tide and half tide
Optimal season: autumn, winter and spring
Technical level: intermediate and expert

El Socorro de Güímar

Municipality: Güímar
Services: none
Optimal sea direction: N and NE
Wave direction: left
Characteristics: with wall

Optimal wind direction: W, WNW, SW
Seabed: rock
Optimal tide: low tide and half tide
Optimal season: all year round
Technical level: intermediate



What do I need?

If you're one of those who sleeps with their board, you will already know how to travel with your inseparable friend, but if you prefer not to have to carry it, don't worry - we've got different surf shops and schools that can provide the board you need according to your level and knowledge.

What about permits?

No special licence is required for these activities.

Who can help me?

Sport and adventure companies

La Marea Surf School

Tel. 00 34 922 105 534
lamareasurfschool@gmail.com
www.lamareasurfschool.com

Sports Club Tenerife

Tel. 00 34 922 787 245
info@sctenerife.es
www.sctenerife.es

Specialist Travel Agencies

CanariasViaja.com

Tel. 00 34 922 248 161
clientes@canariasviaja.com
www.canariasviaja.com

El Cardón NaturExperience

Tel. 00 34 922 127 938
direccion@elcardon.com
www.elcardon.com

XWander

Tel. 00 34 518 880 232
info@xwander.com
www.xwander.com

Stand up Paddle surfing

Tenerife No Limits

map page 83

6

■ Do you feel like a spell on the sea? Get onto your board, pick up your paddle and let the journey begin. You'll discover spots that very few ever get to. You'll exercise all of your muscles, while you have fun with your friends or family. Everyone can do stand up paddle surfing. The East and South-east of the island have very calm areas for this kind of surfing.

When?

All year round, you have a different way for getting to know the coast of Tenerife: rowing on a stand up paddle board. You can go SUP surfing on your own, with your partner, your family or with a group of friends. Due to volcanic eruptions that have taken place on this island and erosion by the wind and sea, you can see spectacular landscapes with areas of cliffs, caves and natural coves.

You can also get started with this sport at the different schools on Tenerife. The water temperature varies between 19 °C in the winter season and 26 °C in summer.

Where?

Playa de las Teresitas - S/C de Tenerife
Radazul - El Rosario
Las Galletas - Arona
El Palm-Mar - Arona
Los Cristianos - Arona
Caleta de Adeje - Adeje
Los Gigantes - Santiago del Teide

If you prefer surfing waves with your SUP board, we recommend that you do it at Playa de Las Américas.

What do I need?

As the stand up paddle board is so big, it's best to rent the equipment at a specialist shop or company that organises these kinds of activities.

Safety in the water

Tenerife has great waves, but also strong breakers. It's essential that you be aware of your physical condition and your surfing level - before you get into the water.

In general, the beaches have lifeguard services and they can can advise you; don't hesitate to ask. If there is no lifeguard station in the area, you must check:

Wind direction and strength

The predominant direction of currents

The tide and the time of day

The size of the waves

The entrance and exit area. Take into account that these areas may vary due to the above-mentioned factors.

- It is always advisable to surf accompanied, in sessions that last a maximum of two hours, to avoid tiredness and dehydration
- Protect yourself from the sun and eat a balanced diet during your holidays - you'll surf much better

¿Who can help me?

Sport and adventure companies

Anaga Experience

Tel. 00 34 690 369 089
info@anagaexperience.com
www.anagaexperience.com

Sports Club Tenerife

Tel. 00 34 922 787 245
info@sctenerife.es
www.sctenerife.es

Specialist Travel Agencies

CanariasViaja.com

Tel. 00 34 922 248 161
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XWander

Tel. 00 34 518 880 232
info@xwander.com
www.xwander.com



Windsurfing

Tenerife No Limits

map page 83



■ Will it be windy tomorrow? In El Médano, you can enjoy about 300 days of wind a year. The water is warm both in winter and in summer. In this area in the South of the island, sportsmen from all over the world come together. National and international championships are held here. And there is an atmosphere of calm and passion for windsurfing, which makes it completely unique.

When?

You can do windsurfing all year round. Winds are usually easterly and north-easterly.

Depending on how strong the wind is, there are two seasons for windsurfing:

Winter (October - April):
from 10 to 25 knots approximately.
Summer (May to September):
from 15 to 30 knots approximately.

Where?

The most well-known place in Tenerife for windsurfing is El Médano. It is world-famous due to all of the national, international and world championships held there. Plus, for decades, it has been the meeting point for the top windsurfers from all over Europe.

5 beaches for windsurfing

El Médano

It enjoys favourable winds from the East and North-east (side and side-on). It is a sandy beach - ideal for intermediate or advanced. Not suitable for beginners without an instructor. There are windsurfing schools and rental centres nearby, and parking about 100 metres from the windsurfing area.

El Cabezo

Favourable winds are from the East and North-east (side and side-on). It is a sandy beach with rocks. Access is complicated. Ideal for advanced windsurfers, it has a wave peak nearby. It is not suitable for beginners. There are windsurfing schools and rental centres nearby, and a car park about 200 metres from the windsurfing area.

La Tejita

Favourable winds are from the South-east and South-west (side and side-on). It is a sandy beach and the best access is through the area to the right. It is ideal for all levels, although beginning without an instructor is not recommended. There are no windsurfing rental centres or schools nearby. The car park is about 500 metres from the windsurfing area.

Playa de Las Américas (Conquistador and Las Palmeras)

Favourable winds are north-westerly, south-westerly and south-easterly (side and side-on). It is a rocky beach. The most comfortable access is opposite the hotel Conquistador or opposite the hotel Las Palmeras. Ideal for high-level windsurfers, it has a car park about 50 metres from the windsurfing area.

Playa de Las Américas (Fitenia)

Favourable winds are north-westerly/south-westerly (side and side-on). It is a rocky beach and the most comfortable access is opposite the Mare Nostrum resort; ideal for those with a high level. There is a wave peak on the left and another on the right. It has a car park about 100 metres from the windsurfing area.

Who can help me?

Sport and adventure companies

Sports Club Tenerife
Tel. 00 34 922 787 245
info@sctenerife.es
www.sctenerife.es

Surf Center Playa Sur
Tel. 00 34 922 176 688
mail@surfcenter.biz
www.surfcenter.eu

Specialist Travel Agencies

CanariasViaja.com
Tel. 00 34 922 248 161
clientes@canariasviaja.com
www.canariasviaja.com

El Cardón NaturExperience
Tel. 00 34 922 127 938
direccion@elcardon.com
www.elcardon.com

What do I need?

You have windsurf centres available to you in different areas in the South of the island, where you can hire all the equipment you need and get training classes.

What about permits?

You don't need a special licence for windsurfing.

Practical tips

- Check all of your sports equipment before entering the water.
- Find out about weather conditions before windsurfing.
- Make sure you know the areas indicated for windsurfing.
- Try not to windsurf on your own and, if you do, make sure that someone knows.
- Respect other users of the beach.
- Respect safety measures when windsurfing.

Kitesurfing

Tenerife No Limits

map page 83



■ It's sunny, the water's warm and twenty-two knots are blowing from the East. Your kite is now barely touching the water and you're going faster and faster. You hold on until the last minute. You have your kite at maximum power and... you're flying! For a few seconds, you see the Red Mountain of El Médano upside-down and, when you fall, you feel a rush of adrenaline all through your body.

When?

You can go kitesurfing all year round. The El Médano area boasts an average of 300 days of wind a year and the water temperature varies between 19 °C in the winter season and 26 °C in summer.

Predominant winds are easterly and north-easterly. There are 2 seasons depending on the strength wind:

Winter (October - April):

from 10 to 25 knots approximately.

Summer (May to September):

from 15 to 30 knots approximately.

Where?

The most famous place is El Médano. It's very well-known due to the influx of kites who come from all over Europe to enjoy the unbeatable coast's conditions. National and international championships are held here.

But El Médano also has other very recommendable areas for kitesurfing.

5 beaches for kitesurfing

El Médano

With favourable winds from the East and North-east (side and side-on). It is a sandy beach - ideal for intermediate or advanced. It is not suitable for beginners without an instructor. It has kitesurfing schools and rental centres nearby, and there is a car park about 100 metres from the kitesurfing area.

El Cabezó

Favourable winds are from the East and North-east (side and side-on). It is a sandy beach with rocks. Access is complicated. It is ideal for advanced kites and it has a wave peak nearby. It is not suitable for beginners. There are kitesurfing schools and rental centres nearby, and a car park about 200 metres from the kitesurfing area.

La Tejita

Favourable winds are from the South-east, South and South-west (side and side-on). It is a sandy beach, with strong and slightly blustery winds. With a north-easterly wind, the beach is more than ideal for practising freestyle, although you should remember that the wind direction is offshore and the beach has no rescue service. It is ideal for all levels, but not suitable for beginners without an instructor. The best access is from the right. There are no kitesurfing schools and rental centres nearby, and there is a car park about 500 metres from the kitesurfing area.

Playa de Las Américas (Conquistador and Las Palmeras)

Favourable winds are north-westerly, south-westerly and south-easterly (side and side-on). It is a rocky beach. The most comfortable access is opposite the hotel Conquistador or opposite the hotel Las Palmeras. It is ideal for advanced kitesurfers. There are kitesurfing rental centres nearby, and also a car park about 50 metres from the kitesurfing area.

Playa de Las Américas (Fitenia)

Favourable winds are north-westerly/south-westerly (side and side-on). It is a rocky beach. The most comfortable access is opposite the Mare Nostrum resort and it is ideal for advanced kites. The beach has a wave peak on the left and another on the right. There are kitesurfing rental centres nearby. You have a car park about 100 metres from the kitesurfing area.

Sport and adventure companies

Azulkiteboarding

Tel. 00 34 637 575 931
info@azulkiteboarding.com
www.azulkiteboarding.com

Sports Club Tenerife

Tel. 00 34 922 787 245
info@sctenerife.es
www.sctenerife.es

Surf Center Playa Sur

Tel. 00 34 922 176 688
mail@surfcenter.biz
www.surfcenter.eu

Specialist Travel Agencies

CanariasViaja.com

Tel. 00 34 922 248 161
clientes@canariasviaja.com
www.canariasviaja.com

El Cardón NaturExperience

Tel. 00 34 922 127 938
direccion@elcardon.com
www.elcardon.com

Who can
help me?

What do I need?

You have kitesurf centres available to you in different areas in the South of the island, where you can hire all the equipment you need and get training classes. Remember that:

- We advise you to get civil responsibility insurance.
- It will always be much better to be in a federation.
- Some spots are rocky so we recommend you wear water shoes.

What about permits?

You don't need a special licence for windsurfing.

Practical tips

- Check all of your sports equipment before entering the water.
- Find out about weather conditions before kitesurfing.
- Make sure you know the areas indicated for kitesurfing.
- Try not to kitesurf on your own and, if you do, make sure that someone knows.
- Respect other users of the beach.
- Respect safety measures when kitesurfing.

Sailing and dinghy sailing

Tenerife No Limits

map page 83



■ Imagine winter with sunshine and a 22-knot wind. You look at the horizon and the sea looks like an infinite plain waiting for you to sail on it. You check the sails and the equipment... all ready! You only have to leave the port and start sailing.

When?

All year round, but the winter is the most attractive season if you live in Europe. In September, the so-called September Calm arrives and it is not a very windy month.

Where?

All over the island, although best winds blow off the easterly and south-easterly coasts.

What do I need?

To do this sport, you will need a club or school to provide you with the necessary and equipment, such as: Boats, marinas, slipways...

If you already have all the means, we recommend that you check the available departure points.

Who can help me?

Sport and adventure companies

Sports Club Tenerife

Tel. 00 34 922 787 245
info@sctenerife.es
www.sctenerife.es

Specialist Travel Agencies

CanariasViaja.com

Tel. 00 34 922 248 161
clientes@canariasviaja.com
www.canariasviaja.com

El Cardón NaturExperience

Tel. 00 34 922 127 938
direccion@elcardon.com
www.elcardon.com

What about permits?

You don't need a special user licence to go sailing, but the club or school's licences must all be valid and their insurance must be paid to up to date. If you are taking part in competitions through a club, it must be registered with the Canaries Sailing Federation and on the Sports Companies Register.

Practical tips

- Before sailing, find out about weather conditions.
- Make sure you know the areas marked out for sailing.
- It is essential to go sailing with all the necessary safety equipment.
- Before sailing, listen closely to the instructor's advance tips. He will be the one who tells you about the weather conditions, the rules for departing and arriving, and the sailing areas.



Kayaking

Tenerife No Limits

map page 83



■ You will paddle to places that you have never seen before. You will discover volcanic caves and you'll see how the crystal-clear water reflects on the ceiling of Malpaís. You will hear the echo of your voice and that of your friends or your family... Do you feel like a swim? Dive in! Bring your camera because you'll see impressive scenery. And, if you're lucky, you'll be able to enjoy the dolphins accompanying you on your voyage.

When?

You can get to know the island's coast by kayak all year round. It is the ideal sport for discovering unique places that you can only reach by sea. Whether you go alone, with your partner, with the family or with a group of friends, you'll have a great time.

Due to volcanic eruptions and erosion by the wind and sea, you can see spectacular landscapes of cliffs, caves and natural coves.

Where?

The eastern and south-eastern coasts are ideal places for kayaking, as they are usually protected from big waves.

1. Playa de las Teresitas - S/C de Tenerife
2. Radazul-El Rosario
3. Las Galletas-Arona
4. El Palm-Mar-Arona
5. Los Cristianos-Arona
6. Caleta de Adeje-Adeje
7. Los Gigantes-Santiago del Teide

What do I need?

It's best to rent it all from a specialist shop or companies that organise the activity for you.

What about permits?

No special licence is required for these activities.

Who can help me?

Sport and adventure companies

Anaga Experience

Tel. 00 34 690 369 089
info@anagaexperience.com
www.anagaexperience.com

El Cardón NaturExperience

Tel. 00 34 922 127 938
www.elcardon.com
info@elcardon.com

Sports Club Tenerife

Tel. 00 34 922 787 245
info@sctenerife.es
www.sctenerife.es

Teno Activo-Actividades en la Naturaleza

Tel. 00 34 618 000 972
info@tenoactivo.com
www.tenoactivo.com

Specialist Travel Agencies

CanariasViaja.com

Tel. 00 34 922 248 161
clientes@canariasviaja.com
www.canariasviaja.com

El Cardón NaturExperience

Tel. 00 34 922 127 938
direccion@elcardon.com
www.elcardon.com

XWander

Tel. 00 34 518 880 232
info@xwander.com
www.xwander.com



Free Diving

Tenerife No Limits

map page 83



■ Do you know your limits? Do you think you are in control of your body and your mind? It's not about holding your breath under water; it's about learning to control your mind and your body to limits that you never imagined before. Tenerife is one of the main destinations in Europe for free diving. Do you dare?

When?

All year round, although the winter is the most attractive season for all the sportsmen from Europe, as the water temperature is always constant and there is no thermocline. The sea varies between 19 °C in winter and 26 °C in summer, and for a depth from 0 to 50 metres, it only varies 1 degree. There is also visibility from 20 to 25 metres.

Where?

All over the island, but it is worth highlighting the west coast due to the peculiarities of its orography, which mean that the temperature, the currents and the weather are ideal for all kinds of free diving.

If you want, you can have access to all of the necessary means, whether you are just starting out in this sport or you are already an expert and you want to perfect your technique. You have available the modern facilities and services of T3, and Umberto Pelizzari's prestigious Academy West Europe Center. Both are world-famous centres, and you can find them barely 200 metres away from each other.

The professionals will teach you breathing techniques and how to move in the water, so that you can enjoy the water for longer, using just your lungs and no breathing equipment. This makes Tenerife the ideal place for all kinds of free diving.



Sport and adventure companies

Apnea Academy West Europe

Tel. 00 34 609 048 351
apneacademy.we@gmail.com
www.apneacademywe.com

Tenerife Top Training–T3

Tel. 00 34 922 782 755
info@tenerifetoptraining.com
www.tenerifetoptraining.com

Ocean Friends Diving

Tel. 00 34 659 354 984
info@oceanfriendsdiving.com
www.oceanfriendsdiving.com

Specialist Travel Agencies

El Cardón NaturExperience

Tel. 00 34 922 127 938
direccion@elcardon.com
www.elcardon.com

Who can
help me?

What do I need?

· Flippers, monofins, a wetsuit, goggles and snorkel.

What about permits?

You don't need a special licence to go free diving. Nonetheless, you must take into account that the academies usually request a doctor's report to allow you to take part in this activity.

Practical tips

- Check the weather conditions before doing any dive.
- Get information from professionals about places to go and ideal sea conditions for this activity.
- You should never go alone; always in company.

Top-class fishing

Tenerife No Limits

map page 83

12

■ Everything is calm, until you feel the pull. When you get the pull, a very powerful battle begins. You hold the rod tightly! Your adrenaline is pumping. Your heart is beating fast. You snap the line back. The line races out to sea. This continues until one of you gives in. When it's over you feel like all the effort was worth it. You're already planning your next fishing trip.

When?

This sport can be enjoyed 365 days a year. It is one of the best places in the world to fish thanks to its unbeatable water conditions. Tenerife's waters are a compulsory part of the main migratory routes of a large variety of native species. The enormous blue marlins and tunas are noteworthy, and the best time for catching both species is from May to September.

Where?

All marinas, especially those located in the southern area, provide an extensive fleet of boats specialised in this international elite sport. The vessels are equipped with the necessary material and crew so that you can enjoy an unforgettable day of fishing.

Marinas en Tenerife:

Radazul
La Galera
Puertito de Güímar
Marina San Miguel
Marina del Sur
Los Cristianos
Puerto Colón
Los Gigantes cliffs
Garachico

What do I need?

A jetty if you come with your own boat. Or rent a vessel through a booking office. Boats have the necessary equipment required for fishing: Fishing outriggers, fighting chairs, fishing rods and reels with different resistances and electric ones, baits.

Prohibitions

You must comply with the regulations established by the Ministry for Agriculture, Farming, Fishing and Water of the Government Canary Islands:

Prohibited:

- Fishing protected species: red tuna, hake, emperor fish and swordfish.
- Fishing without having the corresponding fishing licence. If the activity is on board dedicated fishing boats, this is not necessary, given that they have a Collective Fishing Licence in accordance with the number of people authorised to sail on the boat.
- Likewise, there are other species that, if caught, the captains are obliged to declare, and they are: Albacore (German Bonito), Bigeye tuna (Tuna), Yellowfin tuna (Rabil)

Who can help me?

There is a booking office that can provide you with the kind of boat that best suits your needs. The available vessels are located at: Marina San Miguel, Marina del Sur, Puerto de Los Cristianos, Puerto Colón and Puerto de Los Gigantes.

Sport and adventure companies

Punta Umbría V

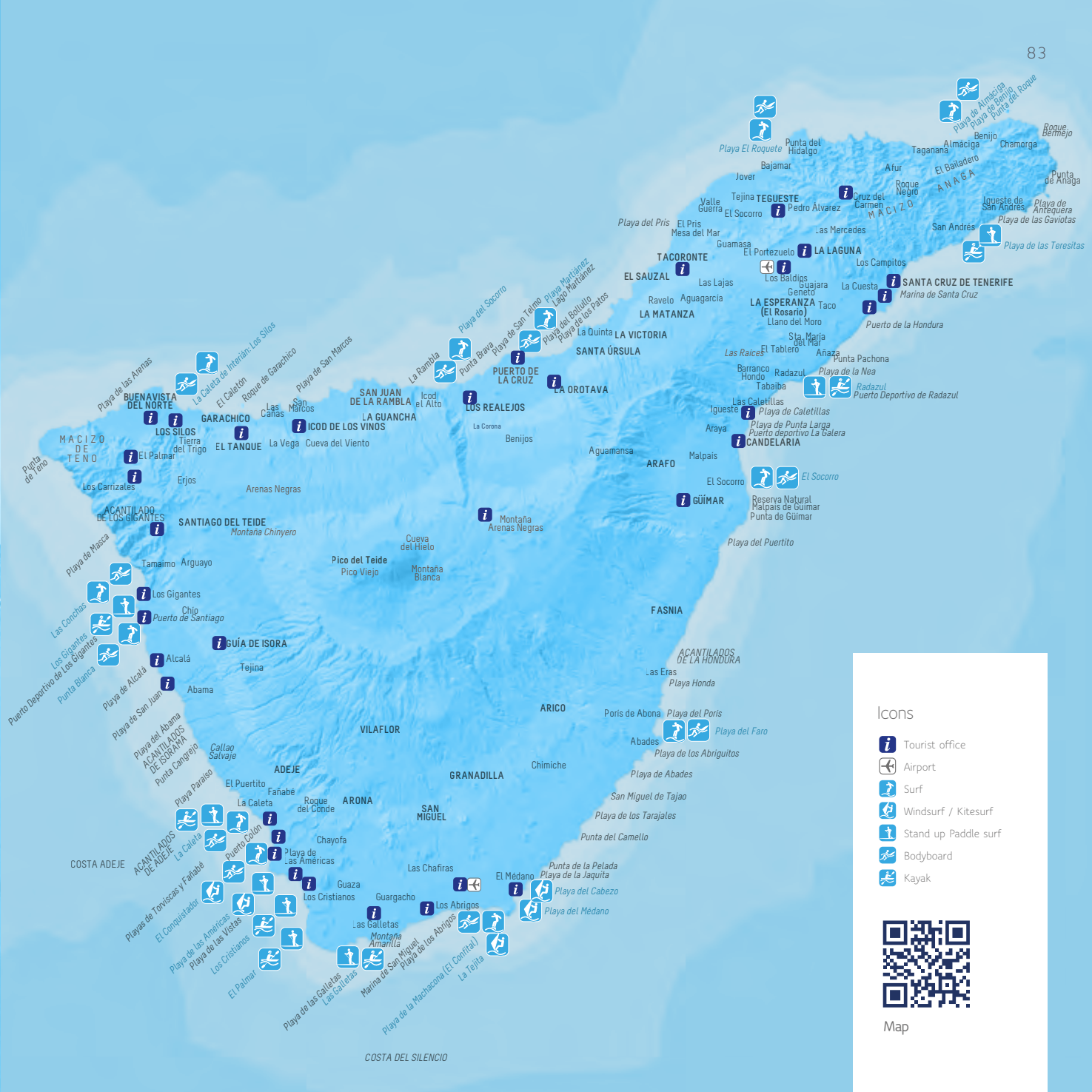
Tel. 00 34 922 861 918
reservas@maritimaacantilados.com
www.maritimaacantilados.com

Specialist Travel Agencies

El Cardón NaturExperience

Tel. 00 34 922 127 938
direccion@elcardon.com
www.elcardon.com





Caving

Tenerife No Limits

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■ Would you like to walk through a lava cave created over 27,000 years ago? On the island, there is a cave that comes from the vacuum formed when the outside of an enormous stretch of lava cooled much faster than the inside. It left a 17-kilometre hollow area inside the earth. That is how the longest volcanic tunnel in Europe was formed:

Cueva del Viento (Cave of the Wind).

Where?

On an underground walk, a guide will show you what is hidden in this cave of labyrinths with three different levels full of passages.

Visitor Centre:

Tel. 00 34 922 815 339

C/ Los Piquetes, 51. El Amparo

38430. Icod de los Vinos.

info@cuevadelviento.net

www.cuevadelviento.net

Opening times: Tuesday - Saturday,

9am to 4pm.

What do I need?

- Advance booking required.
- Hiking shoes required - preferably boots.
- The hike is intermediate level, so it is not suitable for children under 5 years of age.
- The route lasts a total of 2 hours, including driving time.

Who can help me?

Sport and adventure companies

Cueva del Viento

Tel. 00 34 922 815 339
info@cuevadelviento.net
www.cuevadelviento.net

El Cardón NaturExperience

Tel. 00 34 922 127 938
direccion@elcardon.com
www.elcardon.com

Paragliding

Tenerife No Limits

map page 93

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■ You look at the sky and feel the air on your face. You run like crazy so that the paraglider can lift off and suddenly... you're flying over the trees. It's like you could touch them with your feet. If you look back, you can see Mount Teide. If you look down, you'll see steep slopes of pine forests, enormous valleys of banana plantations and volcanic beaches with black sand that will be your landing strip.

When?

All year round, although it depends on the particular weather conditions for each area, each day. The best time for expert pilots is from October to May.

BY AREAS

South-west, Taicho –

From September to May.

North, La Corona –

Autumn, spring and summer.

East, Ladera de Güímar –

From autumn to spring, and very often in summer.

Cumbre de Izaña - All year round.

Where?

The main flight areas with easy access are: North – Los Realejos • South-west – Adeje • East – Güímar.

To enjoy these areas, supervision by the pilots or local companies is very important. Although there is no official infrastructure for landing or taking off, these are the areas that are currently used. If you need to check anything, you can contact the Air Sports Federation.

What do I need?

You can enjoy paragliding depending on your aims and knowledge: If you want to have the experience of flying, you can take a two-seater flight, through one of the companies that provide this service. If you want to learn to fly, you can take one of the courses organised by the federated schools and our partner companies. If you already know how to fly, you can do it on your own with your equipment (equipment hire is not common as it tends to be bespoke to the individual).

6 takeoff areas

La Corona - Los Realejos

The take-off area of LA CORONA is located in the north of Los Realejos. The coordinates for one of its points is 28 R 343.171 E 3.140.191 N at a height of approximately 765 m above sea level. There is an area of 420 m² used as a take-off ramp and for preparation. It is used when the winds at this height are between northerly and easterly.

Early morning and late evening - Pupil level (1-2)
Midday - Intermediate/high intermediate level (3-4)

Related landings:
Finca Los Quintos — Los Realejos
Playa del Socorro: avoid landing from June to August between 11 am and 6 pm — Los Realejos

Taucho - Adeje

The take-off area of TAUCHO is located in the centre of the Adeje district. The coordinates for one of its points is 28 R 329.445 E 3.114.546 N at a height of approximately 760 m above sea level. There is an area of 5,600 m² used as a take-off ramp and for preparation. It is used when the winds at this height are between westerly and southerly.

Early morning and late evening — High/low intermediate level (2-4)
Midday - Intermediate/high level (3-4)

Related landings:
Explanada Taucho-Armeñime
Playa La Caleta (winter only, prohibited on summer days with bathers on the beach)

Ifonche- Vilaflor

The take-off area of IFONCHE is located in the north-west of Güímar. The coordinates for one of its points is 28 R 333.787 E 3.112.285 N and it is located at a height of approximately 1,000 m above sea level. There is an area of 750 m² used as a take-off ramp and for preparation.

It is used when the winds at this height are between south-westerly and north-easterly.

Related landings:
Playa La Caleta (winter only, prohibited on summer days with bathers on the beach)

Ladera de Güímar - Güímar

The take-off area of LA LADERA DE GÜÍMAR is located in the centre of the Güímar district, and the coordinates for one of its points is 28 R 360.926 E 3.130.318 N at a height of approximately 725 m above sea level. There is an area of 400 m2 used as a take-off ramp and for preparation.

It is used when the winds at this height are between easterly and north-easterly (gentle).

Related landings:
Güímar Esplanade-Ladera
Playa Puertito Güímar (winter only, prohibited on summer days with bathers on the beach)

Volcán de Fasnía - Fasnía

The take-off area of FASNIA is located in the south-east of the island in Fasnía. Its coordinates are 28°13'44.8"N016°25'57,4"W2 8°13'28.4"N016°25'25.1, at an approximate height of 400 metres above sea level. There is an area of approximately 400 m² used as a take-off ramp.

It is used when the winds at this height are between southerly, easterly and north-westerly.
Early morning and late evening — High/low intermediate level (2-4)
Midday - Intermediate/high level (3-4)
Related landings: Volcán de Fasnía esplanade at the base of the Fasnía volcano

Izaña to the North and to the South (Km 33 and 34 of road TF-24)

Standard gliding flight down towards the coast. Intermediate level (2-3) throughout the day, depending on weather conditions, but it may change to expert level (5) in the space of a few hours. It is very important to get up-to-date meteorological information before beginning the flight. This glide is very special because you fly out looking at the Teide. It is a unique flight as it is one of the glides with the largest drop in Europe. You start at the summit of the Teide at 2,300 metres above sea level.

Related landings:
To the North: Port Lighthouse-Puerto de la Cruz/Unpaved esplanade next to the El Peñón football ground by the lighthouse — Puerto de la Cruz
To the South: Güímar Esplanade - Ladera
Playa Puertito Güímar (winter only, prohibited on summer days with bathers on the beach)

Landing areas

- Finca Los Quintos (winter only) — Los Realejos
- Playa del Socorro (winter only) — Los Realejos
- Earth esplanade next to the El Peñón football ground by the lighthouse — Puerto de la Cruz
- Puertito de Güímar, beach (only winter and spring) — Güímar
- Volcán de Fasnía at the base of the volcano — Fasnía



Climbing

Tenerife No Limits

15

■ As every muscle in your body strains and you cling to the rock wall as if you were listening to its heartbeat, you know the only way is up... So up you go! Another karabiner hooked in place and you're raring to climb higher. The summit is right there. You reach out with your fingertips to grab the last crack in the rocks. Your feet push you a little bit higher and... you're there! From the top, everything looks different. Prepare to discover otherworldly landscapes such as the Cañadas del Teide.

Where?

There are endless places to go climbing at different levels on the island of Tenerife, but the best thing is to contact specialised companies who know which are the most suitable ones and the best time of year to go, so you can have a memorable experience!

What do I need?

The specialised companies will provide all the equipment you need. In any case, we recommend bringing the following: Personal protective equipment, helmet, harness, lanyard, climbing shoes, 1 litre of water per person, energy-boosting snacks like dried fruit and nuts, sun cream... and lots of energy!

What about permits?

You don't need to worry about permits – the specialised companies will take care of everything, so you don't have to worry about a thing!

When?

In Tenerife you can go climbing all year round, but bear in mind that some areas are restricted because there are certain bird species nesting.

Practical tips

Climbing is lots of fun but it doesn't come without risk. It takes place in the heart of nature, far from emergency services. This activity is only suitable for people who are physically fit. You must always be accompanied when you go climbing. If you have any questions, don't hesitate to contact the specialised companies and they will give you all the information you need.

Who can help me?

Sport and adventure companies

Canarias Nature Guide

Tel. 0034 626 404 899

info@canariasnatureguides.com

www.canariasnatureguides.com

Teno Activo-Actividades en la Naturaleza

Tel. 00 34 618 000 972

info@tenoactivo.com

www.tenoactivo.com

Specialist Travel Agencies

El Cardón NaturExperience

Tel. 00 34 922 127 938

direccion@elcardon.com

www.elcardon.com



Canyoning

Tenerife No Limits

16

■ Can you imagine exploring Tenerife's deepest ravines? Your feet are firmly on the rock face. The harness is tightly fastened, you feel safe and you start your descent. You feel the adrenaline pumping through your body as you're soaked by spray from the waterfall, and you're living in the moment. You'll realise how small you are when surrounded by the high walls of the ravines. The isolation and silence is

eerie. The only thing that matters is the here and now. And there you are, one step after another, all the way down. There are metres and metres between you and the ground and you feel more alive than ever. You can see the work of erosion that has carved out endless ravines over thousands of years. The best thing? You have numerous canyons to choose from and the best professionals to guide you.

When?

Numerous ravines cut through the island of Tenerife, but the best thing is to contact specialised companies who know which are the most suitable ones and the best time of year to go, so you can have a memorable experience!

What do I need?

The specialised companies will provide all the equipment you need. In any case, we recommend bringing the following: 1 litre of water per person, energy-boosting snacks like dried fruit and nuts, bathing suit, sun cream... and lots of energy!

What about permits?

You don't need to worry about permits – the specialised companies will take care of everything, so you don't have to worry about a thing!

When?

In Tenerife you can go canyoning all year round, but after it rains there will be water flowing through the ravines and it will be more rewarding.
The best time to do it is between 1 September and 30 June.

Bear in mind that some areas are restricted because there are certain bird species nesting. But don't worry – the best professionals will give you all the advice you need.

Practical tips

Canyoning is lots of fun but it doesn't come without risk. It takes place in the heart of nature, far from emergency services. This activity is only suitable for people who are physically fit. You must always be accompanied when you go canyoning. If you have any questions, don't hesitate to ask the specialised companies.

Who can help me?

Sport and adventure companies

Canarias Nature Guide

Tel. 0034 626 404 899

info@canariasnatureguides.com

www.canariasnatureguides.com



Tennis and paddle tennis

Tenerife No Limits



■ It's all the same, whether you're on court for two or ten hours. Time doesn't matter. The important thing is that you're playing, with your friends, with the family, at a camp... The best feeling is when the hairs on your arm stand up on end because you get to the ball just in time to play an awesome backhand that fires into your opponent's court for a winner.

Where?

You have more than 11 sports complexes available to you, with Plexipave, clay and synthetic grass outdoor courts.

You have a team of highly-prestigious physiotherapists to guarantee firstclass fitness work and training. The splendid climate is a real magnet if you want to recover from injuries or long competition seasons.

You can also play frontón and squash at many places on the island.

Who can help me?

Academia Annabel Croft Abama

Ctra. Gral. TF 47, Km 9
38670. Guía de Isora
Tel. 00 34 922 126 000
guestrecognition@ritzcarlton.com
www.ritzcarlton.com/es/hotels/spain/abama

Tenerife Top Training-T3

Avenida de los Acanilados, s/n.
La Caleta. 38679 – Adeje
Tel. 00 34 922 782 755
info@tenerifetoptraining.com
www.tenerifetoptraining.com

Golf

Tenerife No Limits

map page 107

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■ Imagine practising your swing beside the sea or next to impressive cliffs. Walk along the recently cut grass between palm trees, lakes and cliffs, and at the foot of Mount Teide. It's all ready for you to have a unique experience that you won't forget.

When?

The constant spring time temperature means that you can play your favourite sport all year round.

Where?

There are 8 golf courses and 2 pitch and putt courses, spread out over the North and South of the island. Each of them provides a completely different way to enjoy this sport. Furthermore, there is an extensive network of topclass hotels and restaurants that, under the Tenerife Golf brand, provide all kinds of specialised services.

The beauty of the courses, designed by leading figures such as Severiano Ballesteros, John Jacobs, or Donald Steel is obvious in their black sand bunkers or their impressive water obstacles.

Furthermore, every year Tenerife hosts professional tournaments of great prestige, such as the Canaries Spanish Open or the Tenerife Spanish Women's Open, attracting the best ranking sportsmen and women.

Golf courses

Abama Golf

Tel. 00 34 922 126 300
info@abamahotelresort.com
www.abamahotelresort.com

Amarilla Golf

Tel. 00 34 922 730 319
info@amarillagolf.es
www.amarillagolf.es

Buenavista Golf

Tel. 00 34 922 129 034
reservas@buenavistagolf.es
www.buenavistagolf.es

Centro de Golf los Palos

Tel. 00 34 922 169 080
mail@golflospalos.com
www.golflospalos.com

Golf las Américas

Tel. 00 34 922 752 005
reservas@golf-tenerife.com
www.golf-tenerife.com

Golf Costa Adeje

Tel. 00 34 922 710 000
reservas@golfcostaadeje.com
www.golfcostaadeje.com

Golf del Sur

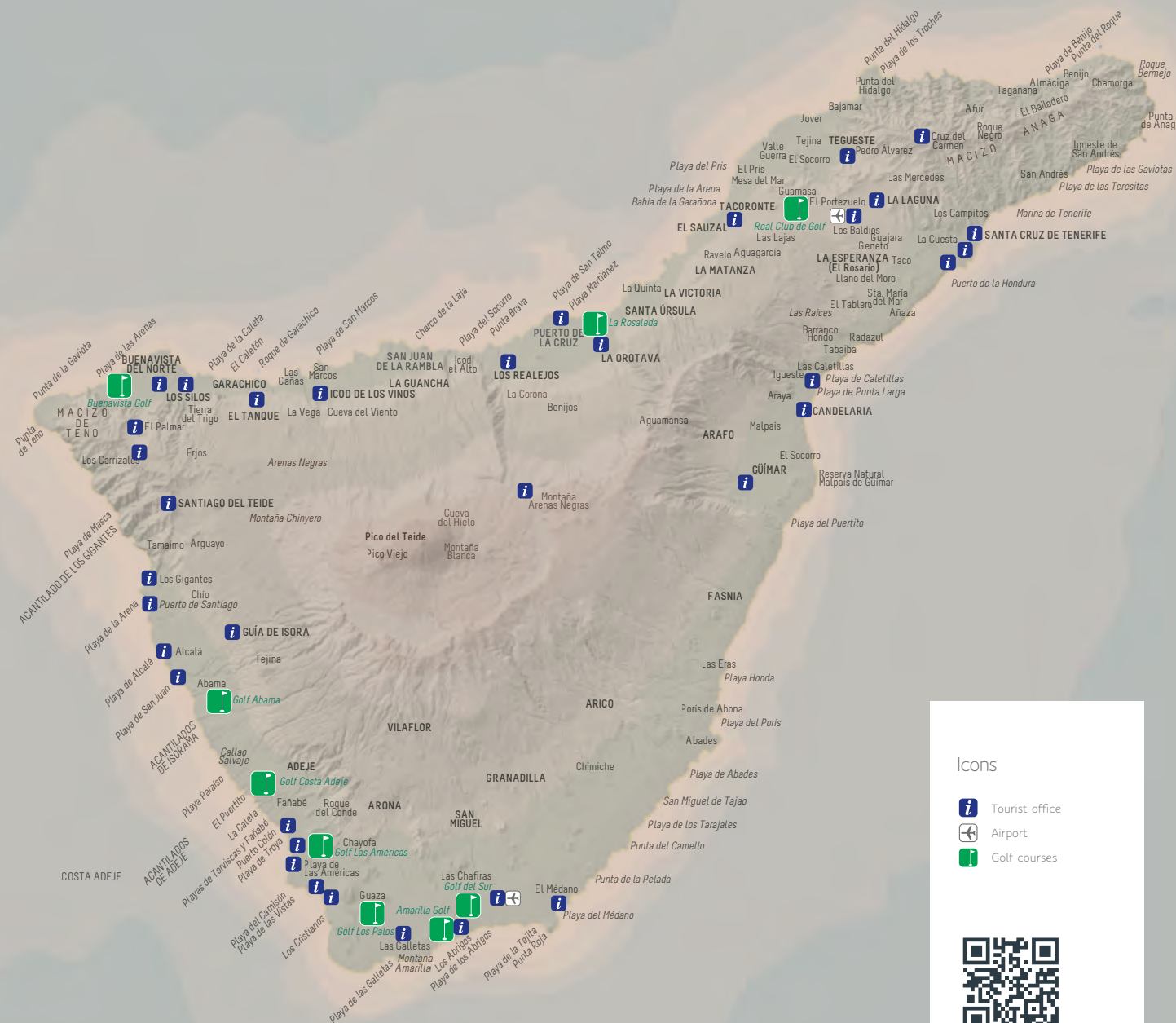
Tel. 00 34 922 738 170
golfdelsur@golfdelsur.es
www.golfdelsur.es

Real Club de Golf de Tenerife

Tel. 00 34 922 636 607
reservas@rcgt.es
www.rcgt.es

Tecina Golf

Tel. 00 34 922 145 950
tecinagolf@fredolsen.es
www.tecinagolf.com



Icons

-  Tourist office
-  Airport
-  Golf courses



Map

Swimming

Tenerife No Limits



■ You jump into the water without hesitation and begin to swim with all your might. You keep up your rhythm. Behind you - the foam. Ahead of you - the pool waiting for you to cross it in the fastest time possible. Every stroke counts. You know you'll do it and you keep going. It all depends on you and how much you want to push yourself.

When?

All year round. You can do different kinds of water sports, such as swimming, waterpolo or synchronised swimming, as we have all the installations you need for them and an unbeatable climate.

Where?

You can have fun at facilities with both indoor and outdoor pools.

The best swimming pools

Ideal for practising all types of swimming, waterpolo and synchronised swimming.

25-metre outdoor pool

Metropolitan area

Acidatio Lorenzo Municipal Pool – S/C de Tenerife

The South

Jesús Domínguez “El Grillo” sports complex – Arona

T3 sports centre swimming pool – Adeje

50-metre outdoor pool

Metropolitan area

Acidatio Lorenzo Municipal Pool – S/C de Tenerife

The South

Jesús Domínguez “El Grillo” sports complex – Arona

T3 sports centre swimming pool – Adeje

25-metre indoor pool

The North

SU Sports complex – Santa Úrsula

Metropolitan area

Municipal Sports Centre – Santa Cruz de Tenerife

Insular sports complex (Casa Cuna) S/C de Tenerife (Ofra)

The South

Acuasport Tenerife – Guía de Isora

Who can help me?

Sport and adventure companies

Tenerife Top Training – T3

Avenida de los Acanilados, s/n. La Caleta.

38679 – Adeje

Tel. 00 34 922 782 755

info@tenerifetoptraining.com

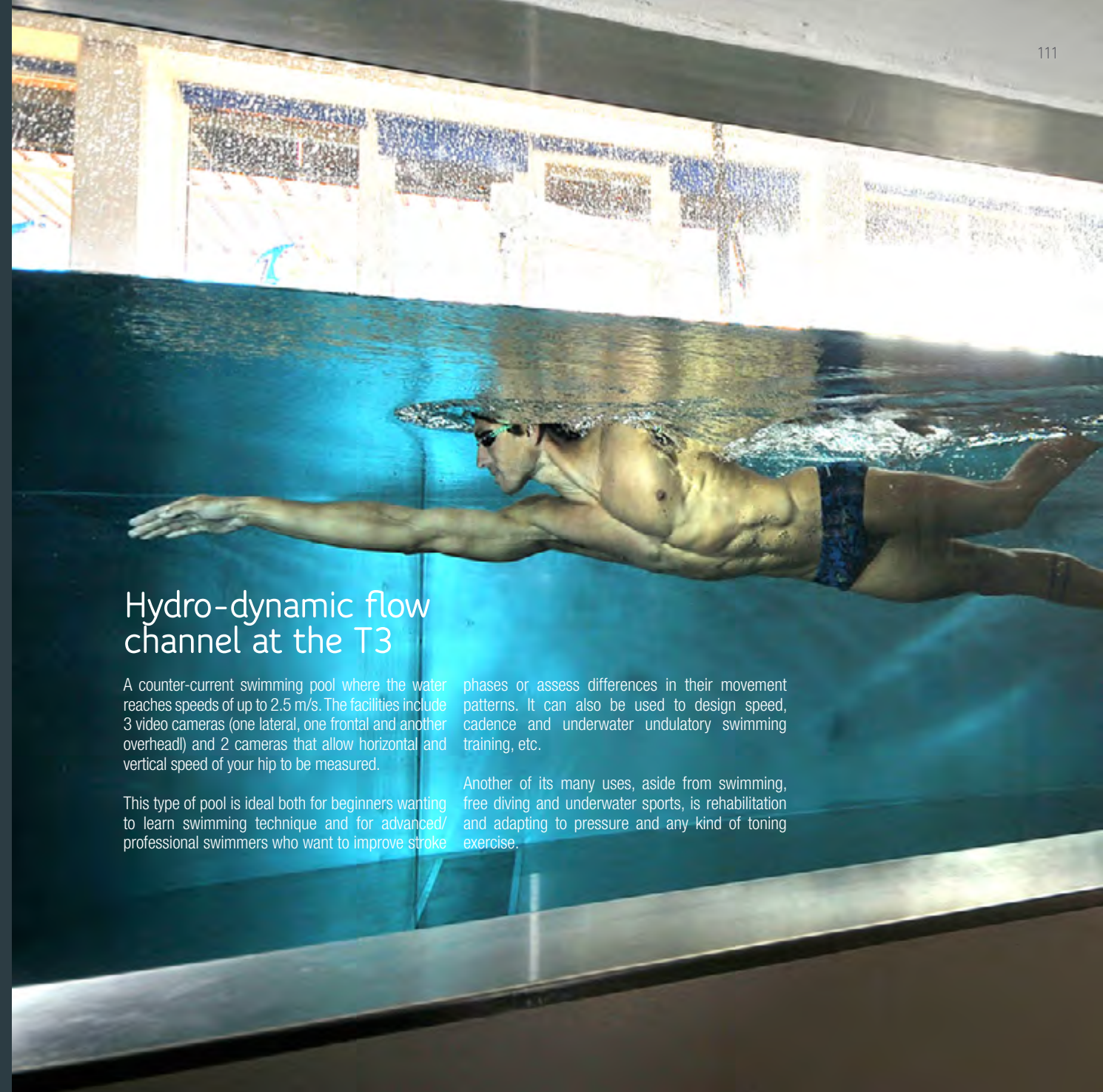
www.tenerifetoptraining.com

What do I need?

You have everything you need to do your training in two stages:

Dry training: A warm-up and apparatus room.

Water training: The pool.



Hydro-dynamic flow channel at the T3

A counter-current swimming pool where the water reaches speeds of up to 2.5 m/s. The facilities include 3 video cameras (one lateral, one frontal and another overhead) and 2 cameras that allow horizontal and vertical speed of your hip to be measured.

This type of pool is ideal both for beginners wanting to learn swimming technique and for advanced/professional swimmers who want to improve stroke

phases or assess differences in their movement patterns. It can also be used to design speed, cadence and underwater undulatory swimming training, etc.

Another of its many uses, aside from swimming, free diving and underwater sports, is rehabilitation and adapting to pressure and any kind of toning exercise.

Sports centres

Tenerife No Limits

and highperformance centres

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■ Whether you're preparing for your next competition or you simply want to perfect your technique, you have facilities with the latest technology and the best team of professionals to guide you in all your training.

The island's sports centres and high performance centres hold continental and world swimming, tennis, triathlon and football championships every year. They offer the best facilities combined with the benefits of training at sea level and preparation at an altitude of 2,000 metres.

Who can help me?

Tenerife Top Training-T3

Avenida de los Acantilados, s/n.

La Caleta.38679 - Adeje

Tel. 00 34 922 782 755

info@tenerifetoptraining.com

www.tenerifetoptraining.com

Tenerife No Limits

Accessible sport

Juan Ignacio Reyes

■ If you have a disability or reduced mobility, you can rely on the best professionals and the most sophisticated facilities at the T3. A centre with great international prestige, where paralympic record-holders come to train.

The Tenerife Top Training Centre provides optimum facilities to sportsmen and women, such as the paralympic swimming teams from Sweden, Holland, Estonia, Norway and Mexico or the Canarian paralympic athletes: Enhamed Enhamed, Michelle Alonso and Israel Oliver.

Who can help me?

Sport and adventure companies

Tenerife Top Training – T3

Tel. 00 34 922 782 755

info@tenerifetoptraining.com

www.tenerifetoptraining.com

Tenerife No Limits

Sporting events

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■ You have plenty of choice for testing yourself at any time of year. Tenerife has an extensive calendar of sporting events where you can choose the one that best suits your expectations.

Tenerife stages world-renowned championships, such as the WSL Pro Las Américas, Cicloturista Vuelta al Teide, Tenerife Walking Festival, Tenerife Bluetrail, PWA Windsurf, Santa Cruz Xtreme and Maratón Internacional de Santa Cruz de Tenerife, amongst others.

- TRAIL
- RUNNING + SKYRUNNING
- TRIATHLON
- DUATHLON



Events calendar

Events on the island

Trail

The Tenerife Bluetrail has been established as a mountain run of great international prestige. It is held in the month of October, and goes from sea level to an altitude of 3,565 metres.

There are five distances: 102 kilometres, 67, 43, 20 and 8 kilometres for adapted trail. It is one of the few mountain races in Spain and Europe that qualifies for Mont-Blanc points. Over 1,000 km of trails will allow you to contemplate unique landscapes such as laurisilva forests, pine trees, lava landscapes and coastal scenery.

Tenerife is the training ground, especially in winter, for great athletes of the world's elite, such as Iván Raña, Gómez Noya and Ainhoa Murúa.

Running

You have a long list of sporting events all year round. You can take part in 20 professional runs, 9 half marathons, 5 marathons, 6 duathlons, 5 cross and 2 cross-country runs.

You will only need to present your federation member's certificate to take part in all of them. Some are open to amateurs of all ages and levels.

Triathlons and Duathlons

Test your own limits and take part in a large number of triathlons and duathlons that take place all over the island of Tenerife. In a question of hours, you will go from surpassing yourself stroke by stroke in the sea, to being above the clouds on a bicycle, and finishing up running while you enjoy an indescribable landscape.

Sports facilities

■ In Tenerife you will find numerous specialist shops selling sports gear and training equipment. Whatever your sport, the island has stores catering for all kinds of outdoor activities and sports - land, sea or air.

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Recommended accommodation

In Tenerife, you will also find accommodation adapted to the needs of sportsmen and women. They provide specialised services both for teams and for individual professionals who want to perfect their technique. There are more and more elite athletes who choose Tenerife for training: swimming, tennis, triathlon, football or cycling. Sports people enjoy the combination of excellent facilities with the benefits of training at sea level combined with preparation at an altitude of over 2,000 metres in the Teide National Park, which has a favourable effect on their physical stamina.

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Hotel Meliá Hacienda del Conde ***** Gran Lujo

Located in Buenavista del Norte, on the coast in the Isla Baja region at the foot of the Teno Rural Park.

It offers:

- Trekking
- Mountain bikes and electric bikes
- Sea kayaking
- Caving
- Fitness Centre, full spa and special massages
- Meeting rooms for meetings and rallies
- Sports equipment storage
- Balance by Meliá- an exclusive healthy eating programme for sportsmen and women with nutritious menus and flexible meal times
- Whale watching
- Stargazing
- Buenavista Golf: 18 hole golf course designed by Severiano Ballesteros

Tel. 00 34 922 061 700
melia.haciendadelconde@melia.com
www.melia.com

Sandos San Blas Nature Resort & Golf *****

Located in a peaceful area in the south of Tenerife (San Miguel de Abona), only five minutes from the Tenerife Sur Airport, and with direct access to the San Blas Environmental Reserve.

It offers:

- Bike Friendly Hotel certificate, bike rental, and space to store, clean and repair bicycles.
- Circuits for hiking, jogging and mountain biking within the Environmental Reserve, including an assault course.
- Guided visits to the Environmental Reserve.
- 24-hour gym.
- Spa with sauna and jacuzzi. 2 treatment cabins.
- Meeting rooms.
- Free WiFi
- Free underground car park for cars and motorbikes.

Tel. 00 34 922 749 010
reservas.sanblas@sandos.com
www.sandos.com

Hotel La Casona del Patio 4* ****

Located in the fascinating valley of Santiago del Teide, more than 900 meters above sea level, in the northwestern part of the island of Tenerife.

Ofrece:

- Spa
- Gym
- Bicycle tuning room (washing, setting up, etc.)
- Elite bike rental service (Trek, Pinarello, BH, Cannodale)
- Physiotherapist specialised in cyclists
- Customisation of meals for athletes (specific diets)
- Route advice
- Pro Cyclist Salon - Salon set up for the training of elite teams or groups of cyclists
- Laundry service
- Meeting Room
- Luggage transfer service to the next accommodation
- Updated local weather information
- Cycling magazines in the reading room
- Restaurants
- Winery
- Horses (routes)
- Chimney-equipped living room (TV and games)
- Accessibility

Tel. 00 34 922 839 293
reservas@lacasonadelpatio.com
www.lacasonadelpatio.com

Hotel Luz
del Mar

Located in Los Silos and surrounded by the slopes of Mount Teno, banana plantations and the sound of the sea, in a quiet area near the coast.

- It offers:
- Hiking (guided and / or unguided routes) We supply our own map of the area
 - Bicycle Hire
 - Free trial dive course
 - Kayaking
 - Whale and dolphin watching
 - Paragliding
 - Themed routes such as gofio, wine and bananas
 - Sports massage
 - Golf - golf packages and accommodation at special prices
 - Tennis - tennis court next to the hotel, rackets and balls
 - Meeting room
 - Fitness Centre with free access
 - Picnics on request
 - Free access to Spa Area: Finnish sauna, bio sauna, Spa shower circuit, foot bath and rest area
 - Parking and / or free garage for cars, motorbikes and bicycles

Tel. 00 34 922 841 623
info@luzdelmar.eu
www.luzdelmar.eu

Hotel
Silken Atlántida

Located in the capital of Tenerife, halfway between the north and the south of the island, and only a few minutes from the port, airport, bus station and tram.

- It offers:
- Special rates for sports teams, with upgrade to Junior Suite for the trainer and president
 - Sports menus created by our gastronomy professionals, in reserved areas at flexible times
 - Picnics and afternoon teas on request
 - Private room with the latest technology for technical talks or for storing sports equipment
 - Fitness Centre (saunas, jacuzzis, solarium and equipment)
 - Beds for physiotherapy services or sports massages on request
 - Private parking for cars, motorbikes and bicycles
 - Free WiFi and tourist information service

Tel. 00 34 922 294 500
hotelatlantida.sc@hoteles-silken.com
www.hoteles-silken.com

Hotel
Spa Villalba

Hotel located at a height of 1,500 m.

- It offers:
- Bike Friendly Hotel certificate, bicycle hire and room for storage, cleaning and bike repair
 - Wide range of hiking routes starting from the hotel
 - Wine tour to Bodegas Reverón winery

Tel. 00 34 922 709 930
hotelvillalba@hotelesreveron.com
www.hotelvillalba.com

Hotel
Playa Sur

Located on El Médano beach (Granadilla de Abona), bordering a Natural Park with sand dunes in South Tenerife.

- It offers:
- Walks
 - Concerts
 - Guided tours
 - Massages, sauna, infrared cabin
 - Windsurfing
 - Kite surfing
 - Mountain biking

Tel. 00 34 922 176 120
mb@hotelplayasurtenerife.co
www.hotelplayasurtenerife.com

Las Cañadas del Teide
Parador Hotel
**

Located at a height of 2,152 metres in the Teide National Park.

- It offers:
- Catering with menus adapted to the needs of sportsmen and women
 - Space for bike storage maintenance work on bicycles
 - Washing-machine and tumble-dryer
 - Massage room, gymnasium, sauna and heated pool
 - Meeting rooms
 - Free WiFi

Tel. 00 34 922 386 415
canadas@parador.es
www.parador.es

Albergue Montes
de Anaga

Located in the heart of nature. An ideal place for lovers of sport and active tourism.

- It offers:
- Hiking
 - Caving
 - Climbing
 - Surfing
 - Group activities and much more...

Tel. 00 34 922 822 056
alberguedeanaga@idecogestion.net
www.alberguestenerife.net

Altavista Refuge
(Teide Mountain Refuge)

Located at 3,270 meters altitude in the Teide National Park. A unique place in the world to recharge your batteries and enjoy the sunrise from the highest lodgings in Spain.

- It offers:
- Rest area in the reception
 - Three dormitories for up to 54 people
 - Heating and warm bed clothes
 - Toilets. No showers
 - Self-catering dining room to regain strength after the ascent
 - Hot drinks, soft drinks and water on sale
 - Option to heat up food
 - Free WiFi

Tel. 00 34 922 010 440
info@volcanoteide.com
www.volcanoteide.com

Route
Active Hotel

Accommodation located on the north coast of Tenerife (Los Realejos). Perfect for all outdoor activities that the environment allows.

- It offers:
- Complete graphic information on hiking in the area and in Tenerife — available at reception.
 - Some of the island's best cycling and mountain-biking routes, bike rental and repair, cleaning and storage of material in rooms with video surveillance systems.
 - Olympic athletics track and football field within walking distance (both recently opened).
 - Introductory courses on diving.
 - Professional gym.
 - Professional massage room.
 - Meeting/ projection room.
 - Healthy breakfast to regain your energy after a day of activities.
 - Fully equipped kitchen in all rooms of the hotel.

Tel. 00 34 922 363 726
info@routeactivehotel.com
www.routeactivehotel.com





webtenerife.co.uk/tenerifenolimits/

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